



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

John T. Fitch, Jr., MD, FAAP: (210) 826-1891
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Dr. Hall's 4 Month Old Well Baby Check-up

Weight: ___lbs___oz (___%)
Height: _____in (___%)
Head: _____in (___%)

Thank you for choosing us as your child's Primary Care Provider. We look forward to serving you and your baby. Below you will find some helpful information.

IMMUNIZATIONS

Your baby will get 4 vaccines today:

- (1) Pediarix #2 (Diphtheria, Tetanus, acellular Pertussis, HepB and inactivated Polio-IPV)
- (2) Prevnar #2 (Pneumococcal)
- (3) Hib #2 (Haemophilus Influenza B)
- (4) Rotavirus #2 (oral)

DEVELOPMENTAL MILESTONES



- Smile and vocalize with vowel sounds
- Focus on objects and follow things a little past midline
- Lift head and chest off table when on tummy
- Focuses on your face
- Move arms and legs well and equally

THINGS TO DO

- Call to schedule 6 month well baby visit (call 3-4 weeks ahead)



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NUTRITION



It is important that you continue to feed your baby breast milk or iron-fortified formula for the entire first year of life. Between 4 and 6 months of age, most infants are ready to try some solid food. Your baby is ready to try solid foods if she: 1. Can sit with support; 2. Has good control of her head and neck, and 3. Shows an interest in what you are eating.

For starters, the most common food is iron-fortified infant rice cereal. Mix it with breast milk, formula or water. Make the mixture very thin at first and serve it with a spoon. NEVER in a bottle. Start with 1 teaspoon per day and gradually build up to 2-3 tablespoons per day. Barley cereal and oatmeal can follow, but introduce only one at a time.

After your infant is taking cereal well, you may want to introduce other solid foods. However, this is not recommended until after 6 months of age. One at a time and in any order, offer strained vegetables - carrots, squash, sweet potatoes, peas, or green beans. Some believe that your baby may be more receptive of these less-sweet foods if she tries them first. Next try strained fruits - bananas, pears, applesauce and plums. New recommendations indicate that meats can be tried now as well, however, give your baby a few days to get used to each new food before trying something else. If a rash, vomiting or diarrhea occurs, stop the food and wait a month or so before trying it again. Do not offer baby mixtures of different foods until you have tried all the individual foods one at a time.

Juices are not necessary and should not be introduced until the baby can drink from a cup. Remember to dilute them with water (no need to buy special baby juices). Apple and white grape seem to be well tolerated. Limit juice intake to no more than 4 oz per day.



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SLEEPING

It is wonderful being with your baby and it is wonderful when your baby goes to sleep. Although sleep habits among babies vary, 90% of babies this age can go at least 8 hours at night without being fed. Some may go even 12 hours. If your baby wakes during the night and cries, wait a few minutes before going into the room. See if your baby can learn to comfort himself. If you do go into the room, don't stay longer than a minute to make sure that he is all right and comfortable.

Also remember the importance of a bedtime ritual. It should not be too long (about 20 minutes), and more importantly the child should not fall asleep during the bedtime ritual. If your baby goes to sleep in your arms occasionally, that's fine, but try to place him in the crib awake for bedtime and naps.

PLAYTIME



At this age, your baby can entertain herself for short periods of time. Place your baby on the floor or in a playpen and put bright toys (rattle, plastic cup, blocks) where the baby can see and reach them. The American Academy of Pediatrics advises against the use of infant walkers. They are an established safety hazard and can possibly lead to delays in motor development. It is best to let your baby pull, wiggle and learn to roll and explore.

The use of stationary play saucers is safe, however limiting to no more than 40 minutes per day is appropriate.

CRYING

Sometimes even the best of parents get frustrated or angry with their babies. If you get this way, hand the baby to a family or neighbor or put her in her crib. Whatever you do, remember...**Never shake your baby.**



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SAFETY



Accidents kill more infants in the first year of life than any other cause. Keep your baby safe by following a few recommendations.

(1) Sudden Infant Death Syndrome (SIDS)

The incidence of SIDS significantly decreases after 4 months of age. It is still recommended to place infants on their back for sleeping purposes, however, once they start to roll over on their own, it is not necessary to reposition infants as they sleep. Continue to follow the other recommendations of using a firm mattress and no animals, blankets or comforters in the bed with the infant.

(2) Car Safety

- Use an approved infant car seat while traveling.
- The infant should be placed in the **back seat** with the car seat **rear-facing** until your child is 2 years of age.
- Never hold your infant in your lap while traveling in an automobile.

(3) Choking

- Baby is learning to grasp objects; good toys include soft, washable ones without removable parts or sharp objects that could cause choking.
- Do not prop bottles or place them in your infants crib.

(4) Falls

- Do not leave unattended on bed, sofa or changing table. Baby is starting to roll.
- Never leave your baby alone with young sibling or pets.
- Gates are needed at the top and bottom of stairs

(5) Smoke

- Do not smoke around your baby.
- Smoking causes an increase in ear infections
- Smoke outside of the home, wear a light overcoat that remains outdoors to decrease smoke particles on clothing.



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IMPORTANT CONTACT INFORMATION

Dr. Hall's clinic: 826-7033

Monday – Friday 8:30–5:00*

Sat. 8–12 – sick visits only

VACCINE ONLY HOURS:

9–11am and 2–4pm M–F

*Office closed for lunch from
12:30–1:30

*After Hours: When you call our offices after normal hours, you will get the option of speaking to a nurse.

*WIC: 225-0213 (San Antonio area information)

*Poison Control: 1-800-222-1222

www.AAP.org

(American Academy of Pediatrics – lots of parent hand-outs/information)

WE RECOMMEND USING:

✓ Methodist Children's Hospital
(7700 Floyd Curl Drive – Medical Center) for emergency room needs. Contact (210) 575-7000.

✓ For urgent after hours care:
Night Light Pediatrics @ 19272 Stone Oak Pkwy – contact (210)545-7581
open evenings until 11:00 pm (10pm summer)

Red Fish, Blue Fish Pediatrics @ 1207 N.
Loop 1604 W, Ste. 115, (210) 479-3474

Little Spurs Ped. Urgent Care (5 locations)
(210) 543-7334