



KJARTAN D. ARMANN, M.D.
ALISON CHASE, D.O.
Infant, Child and Adolescent Medicine

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4 - 5 MONTHS

Immunizations: #2 Rotavirus, Prevnar (Pneumococcus), Pentacel (Diphtheria, Tetanus, & Pertussis, Haemophilus influenza B, Polio)

Side effects may include - fussy, sleepy, fever (<102) x 2 days, injection site reaction of redness, bump and tenderness. Ok to give Tylenol (no ibuprofen until 6 months) for discomfort or fever.

Development:

Motor: Holds head without support. Holds up chest when lying on tummy by pushing up with hands. Rolling from side to side. Reaching and grabbing onto objects. Plays with fingers, bringing things to mouth. Grasps a bottle. Learning that actions have a result.

Communication/Social: Smiles and coos when talked to and to get your attention. Laughs and giggles. Vocalizing to draw attention. Likes to play with others.

Vision: Focuses clearly near and far. Developing depth perception. Sees in full color.

Your baby will begin to transfer objects from one hand to another, try to hold the bottle and spoon, turn to the sound of a voice and sit alone, and be able to bear some weight on their legs. Remember that your baby explores their environment by putting things in their mouth. Watch what goes in there, babies do not know what is safe and what is not. Talk, sing and read to your baby. Show them a mirror to look at themselves. Have exploring time (play mats). Play with a ball. Help your baby learn to soothe.

Feeding:

- Breast milk or formula is still the major source of food for your baby.
- **Introduction of Solid Foods** can be done as soon as 4 months of age and should be started no later than 6 months. They need to be able to hold their head without support, not to be able to sit on their own.
 - Cereal (rice, oat) can be a 1st starter food. It comes in a box in the baby food section, and you mix it with breast milk or formula. These are fortified with iron, hypoallergenic, and easy to make just a few spoonful at the desired consistency making it an easy starter. Give it with a spoon, not mixed in a bottle. Start with just a little at the tip of a spoon and let them suck it off. Babies will tell you how much they want to take, often getting tired before actually feeling full from the new foods.
 - There is no best starter food, it is really up to you. If you prefer vegetables or fruits can be first introduced instead.
 - It is no longer recommended to wait days in between starting new foods. Continue to keep adding more items to their diet.
 - Start with once daily, and increase to 3 meals daily (like we do) by around 9 months of age. The time of day foods are given is completely up to you - solids



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tend to make them full longer which can be a benefit at night. Others prefer to be able to monitor kids after eating during the day.

- Foods have been traditionally introduced as purees first and then table foods being appropriate by 9 months when babies have pincer grasp, however baby-led weaning can be done as well which is a method that allows more for babies to lead the way in self feeding with foods in their more natural form.
- It is recommended to introduce known allergen foods like tree nuts (peanut, almond butters), eggs, fish and seafood in small amounts repeatedly early on. Studies show this is reducing the risk of developing allergies to these foods.
- Best method to avoid picky eating habits in toddler age is to introduce lots of different colors, tastes, and texture to infants with their solid food early on.
- No honey until >12 months old.
- Some babies take to solids really quickly, others need a lot of practice with it. Remember that solid foods are all for fun <12 months. Frequency of milk feeds does not typically decrease until after 6 months.
- Sometimes when babies start solid foods they can have GI upset including abdominal pain, gas, stool changes either constipation or diarrhea.

Common Concerns:

Illness:

- Almost all babies will have a stuffy nose at some point, often due to our dry environment, reflux, and colds. Saline nasal drops can be used to loosen the secretions - put a few drops in each nostril, then use a bulb syringe or nasal Friday to remove mucus. Best to do this before eating and sleeping. Your baby is likely to cry during this, but when done gently no harm is done. Also a cool mist humidifier or vaporizer in their room can help.
- A fever doesn't always need to be treated, but can be with Tylenol if it is high or if symptomatic with it - lethargy, pain, not drinking, increased heart and respiratory rate. Dosing for Tylenol is based on their weight. No ibuprofen until 6 months old. Keep babies hydrated with breast milk or formula. If not drinking milk normally, ok to supplement with pedialyte and give us a call.
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 - Intake of fluids is really low. Wet diapers <3/day or not wet diaper in 8 hrs.
 - Fever + Rash.
 - Vomiting or diarrhea

Sleeping:

- Babies need to learn to fall asleep on their own. Put them down in their crib sleepy, but not fully asleep. Start practicing if your baby isn't already doing this. Some babies are better at this than others.



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Safety:

- **Sleep:** Babies will likely be rolling around 4 months and therefore should be taken out of swaddle sleep sacks. Continue to place them on their back to sleep, but if they roll to their belly you do not need to help flip them over. When they start to pull themselves up, a bassinet is no longer safe for them.
- **Foreign Bodies:** Keep small, sharp objects away from babies. Small magnets and button batteries are the worst for kids to ingest, best to not have these in your home or keep them locked up somewhere high so a child can't get into them and they aren't accidentally left out. Swallowing these items is always a medical emergency.
- **Accidents:** More likely to occur now than the first 4 months as babies are moving more and gasping onto things. Do not leave them on an elevated surface, they are going to start rolling and may roll off the bed, couch, etc. A baby needs to be watched at all times when awake, not in a crib. Never leave them alone in water or alone with pets. You never know when your dog might be having a bad day and lash out.

Suggested Reading for Parents:

Raising a Healthy, Happy Eater, Nimali Fernando, M.D.

What to Feed Your Baby. Tanya Altmann, M.D.

First Bites, Dana White

What to Feed Your Baby and Toddler, Nicole Avena, PhD

Child of Mine, Ellyn Satter

<https://solidstarts.com>. "Baby-led weaning on a Budget" free guide, others are for pay.

<https://www.101beforeone.com>

Additional resources provided on our website www.kjkidmd.com and Facebook page @KidDocs.Armann.Chase



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