

DUNWOODY PEDIATRICS

INFANT CARE 4 TO 6 MONTHS

Date: _____

Weight: _____ Percentile: _____ Head Circumference: _____ Percentile: _____

Height: _____ Percentile: _____ Immunizations received today: _____

NUTRITION

Your infant is still on breast milk or iron-fortified formula (or a combination of both). Formula intake should be approximately 22-32 ounces each 24 hours, including what is used for cereal. You may begin introducing solid foods between now and the six month visit if your infant seems ready. Your baby's appetite and acceptance of new foods will vary, so use these instructions as a guide rather than as a hard and fast rule. Breast milk and/or formula remain your infant's most important source of nutrition up to one year of age.

4-5 month old

Rice cereal: Start with 1 tablespoon a day building up to 3-4 tbsps twice a day.

5-6 month old

Add fruits/vegetables up to 4-5 tablespoons twice a day. Alternate green and yellow vegetables.

Start with vegetables first: squash, sweet potatoes, carrots, spinach

Then fruits: pears, apricots, bananas, apples

Then: legumes (peas, beans), rice oats, barley, beef, potatoes

Foods to **avoid** until after 9 months: wheat, corn, chicken, egg yolks, yogurt

avoid until after 12 months: egg whites, juice, tomatoes, berries, whole milk, honey

avoid until after 2 years: hot dogs, peanuts, popcorn

Start with 1 tbsp after the morning or early afternoon breast/bottle feeding and gradually advance to ½ jar per feeding over several days.

Introduce one new food every 4-5 days. Watch for rash, vomiting or diarrhea as a possible reaction. If this does happen wait one month before reintroducing that food item.

Your infant should be learning to eat from a spoon, working on coordination and development.

Breastfed infants should be on a vitamin supplement as well as iron and fluoride starting at 6 months of age. (ex. Tri-Vi-Flor with iron)

Formula fed infants should be on iron fortified formula using tap water to prepare.

SLEEPING

Most babies sleep 6-8 hours at night, uninterrupted. Do not encourage night time feeding or playtime.

DEVELOPMENT/PLAY

Your baby can or soon will be able to: roll over, hold their head steady, squeal, coo, babble and get excited. Discover his hands, bring objects to their mouth and will start to distinguish you from strangers. Encourage independent play by placing them on the floor on abdomen with soft, textured, bright colored toys. Use swing or stroller walking to expose them to new sounds, sights and motions.

SAFETY

Do not walk with hot foods or liquids while carrying your infant. Do not leave them unattended on a table, bed or counter where they can fall. Keep out of your infants reach all small objects which can be picked up, swallowed, or chewed (safety pins, buttons, coins, plant leaves, medicines, perfumes, etc.). Call the Poison Control number (404.616.9000) if you infant ingests a foreign substance. Always use an approved car seat for any length trip.

TEETHING

Although teeth probably have not erupted yet, your infant may begin feeling discomfort associated with teething. These symptoms are more common at night and may include clear runny nose, loose stool and slight fever. For comfort try a wet washcloth filled with crushed ice, teething rings, and Infant Tylenol.

FEVER MANAGEMENT

Fever is a symptom, not a disease. The fever itself is the body's normal response to infections and helps your child fight them. Call us if your child has lethargy, difficulty breathing, non-blanching skin rash, inconsolable cry or temperature greater than 100.4

Your child's next well visit is at 6 months of age.

Additional Resources for Parents

Caring for Your Baby and Young Child: Birth to Age 5, (4th ed.), AAP (2004)

Choking handout