



4 MONTHS

Your baby is now much more interactive and playful with laughs and big expressive facial smiles! He is likely watching things much more intently, reaching and grabbing at objects, and even rolling from front to back or vice versa. You may also notice that he is starting to push his chest off the ground when on his tummy and loves being held in the standing position. You can no longer leave your child on an elevated surface without risking them rolling off. Generally if you can't keep a hand on them on the couch, bed, or changing table, they are safer on the ground.

You are likely ready for a sleep routine and some babies are sleeping through the night, but many are still mostly cat-napping during the day and waking at night to feed. The 4 month sleep regression may be occurring which typically resolves with continuing the routines you have established. Sometimes you have to take your baby to a quiet dark place to feed and calm your baby so they are less distracted. Every baby works through this sleep change differently. We recommend stopping the swaddle at this age as your baby is likely rolling. They should be allowed freedom in a sleep safe environment to find their own comfortable position, this also means not sleeping in apparatus of any kind as the risk of injury increases at this age.

Your baby is likely still feeding every 3-4 hours during the day. Many are interested in food and you can start infant cereal at this time. We encourage starting cereal by 6 months as some studies have shown possible texture aversion if starting solids after 6 months of age. Typically we recommend oatmeal or barley cereal to start but discuss this with your doctor as there are some circumstances we recommend a different cereal to start with. The quantity is not important, this is just a time to learn what to do with food on a spoon.

Expected development at this age includes rolling, pushing up on forearms, bearing weight on legs when held standing, no head lag when pulled up, reaching and grabbing, laughing and smiling, and starting to sit with support.

NEXT CHECK-UP: *6 month*

VACCINE(S): *Pentacel (DTaP, Hib, Polio), Prevnar, Rotateq, Flu (if in Flu season)*