



FAMILY MEDICAL CENTER

One Professional Plaza
Rexburg, ID 83440
208.356.9231
Fax: 208.356.9141

For Fever: (> 101°)

Acetaminophen

15 mg/kg or 1
dropperful every
6 hours as needed
or

Ibuprofen (not Aspirin)

10 mg/kg or ¼ tsp
every 6 hours as
needed

For Congestion:

Saline nose drops,
suction with bulb
syringe

Important Numbers

Poison Control
1-800-222-1222

Call us if your child:

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

Name: _____

Date: _____

Weight: _____ Length: _____

Well Care At 4 Months

HEALTH ISSUES

- Breastfeed or use an iron fortified formula.
- Do not put bottle in bed with baby or prop the bottle in baby's mouth.
- Do not give baby honey.
- Consider introducing solid foods at 4-6 months (cereal first, then others).
- Do not put cereal in bottle, rather spoon feed baby.
- Know how to use a thermometer to take a rectal temperature.
- Do not over-bundle baby - a simple rule is to add one layer (like a blanket) for baby to whatever seems comfortable for you (if a T-shirt is comfortable for you, have baby wear a T-shirt PLUS one layer).
- Avoid direct sun exposure. If necessary, use a sunblock - SPF 15-30.
- Use a vitamin supplement (Vitamins A,D,E,K) recommended by your pediatrician if you are exclusively breastfeeding.

SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Do not place fluffy pillows, blankets or stuffed animals in with baby.
- Place baby on his or her BACK for sleeping.
- Always keep a hand on your baby when lying on a changing table, bed or sofa..
- Install and test your smoke detector in or near your baby's room.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- Purchase a bottle of Activated Charcoal to have on hand in case of ingestion of a poison.
- Do not use baby walkers. They are associated with serious injuries. The only acceptable substitute is a non-moving play station that baby can sit in.

YOUR BABY SHOULD...

- Babble and coo.
- Smile, laugh, and squeal.
- Raise his or her head up with a "push-up" motion.
- Recognize your voice.
- Open hands, hold hands together and hold onto objects.
- Have bowel movements at least once every 3 days if formula fed, once every week if breast fed.

YOU SHOULD...

- Hold, cuddle and rock baby.
- Talk and sing regularly to baby.
- Continue to read books to baby.
- Encourage your spouse to assist in caring for baby.
- Develop a bedtime routine.
- Spend time alone with your spouse - one of the best things you can do for your baby is to maintain a quality relationship with your spouse.
- Spend time alone with your baby's sibling(s) to make them know they remain special.