

# The Pediatric Center

Boulder, CO  
303-442-2913

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## 4 WEEK VISIT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### TODAY'S MEASUREMENTS

Head Circumference

\_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

Height

\_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

Weight

\_\_\_\_\_ pounds \_\_\_\_\_ ounces ( \_\_\_\_\_ percentile)

### IMMUNIZATIONS

Hepatitis B (given at age 1 or 2 months)

Possible side effects are rare but may include:

- Fever
- Irritability or fussiness
- Redness or swelling at the site of the shot

Side effects of the Hepatitis B vaccine are rare. If your baby develops fever, excessive fussiness, or irritability, you should call us as these can also be signs of serious illness in young infants.

**Next Visit:** Two months of age

### FOCUS ON FAMILY

- Postpartum depression can happen at any time during the first year. If moms or dads feel sad, anxious or depressed, they should seek help and talk with their doctor. You can find more information online at [postpartum.net](http://postpartum.net)
- Try to nap or rest when your baby sleeps.
- Older brothers and sisters may be jealous of the new baby. Spending time alone with your older children may help.
- Moms should schedule a six-week postpartum check up. Talk with your doctor about birth-control options, if you like.
- Enjoy spending time with your new baby. Cuddle him or her — babies this age can't be spoiled. Responding to your baby right away at this time teaches your baby that he or she will be cared for and loved.

### DEVELOPMENT

All babies develop at their own rate. At this age you may notice that your child:

- Shows better head control
- Lifts his head when lying on tummy
- Grasps your finger
- Stares at faces briefly
- Becomes quiet when others speak
- Cries differently for pain, hunger or tiredness—the cries can be hard to tell apart
- Calms when swaddled and rocked

### WHEN TO CALL US

Call us if you have questions about your baby or if he or she:

- Has a rectal temperature of 100.4°F or higher
- Cries a lot more than normal or can't be comforted.
- Has trouble breathing
- Is limp or sluggish

We can be reached at 303-442-2913. If it is after hours and you need assistance, press 6 to be connected to our answering service.

## NUTRITION

Babies this age get all their nutrition from breast milk or formula. Try to breast-feed as much as you can for as long as possible. Below are some facts and tips on feeding your baby.

- Babies typically feed every 2 to 3 hours during the day. Longer stretches of time between feedings may occur at night.
- If you give your baby formula, choose one that is iron-fortified. Always follow the package directions when making formula.
- Do not heat bottles in the microwave because this can lead to uneven heating and burns.
- There may be times when your baby wants to be fed every hour. Feed your baby as needed.
- If you are breast-feeding and are going to use a bottle, wait until your baby is about age three to four weeks. Your baby may refuse the bottle if you wait longer. If you plan to give your breast-fed baby some bottles over the long term (if you plan to go back to work, for example), then offer your baby a bottle intermittently.
- It is normal for your baby to feed at night at this age.
- Many babies spit up when they feed. If your baby spits up often, keep his or her head raised for at least 20 minutes after feeding. Spitting up small amounts is harmless as long as your baby is gaining weight and is not in pain. Spitting up usually ends by age six to nine months.
- After feeding, gently burp your baby by holding him or her on your chest. Keep your baby upright and gently pat or stroke his or her back. Your baby may not burp after every feeding.
- If your baby only drinks breast milk or drinks less than 32 ounces of formula every day, he or she should take 400 IU of vitamin D daily. You can get vitamin D over the counter. Ask your doctor for details.
- Do not prop bottles in your baby's mouth. Do not add cereal to your baby's bottles. Do not give your baby honey.

## SAFETY

- Never shake your baby.
- Never tie a pacifier or put jewelry around your baby's neck because he or she could choke on it.
- Always place your baby in a car seat that faces backwards in the back seat. For more information on car seats or to find a car seat inspection office in your area, go to the National Highway Traffic Safety Administration's website at [www.nhtsa.gov](http://www.nhtsa.gov)
- Do not let people smoke around your baby.
- Never leave your baby alone in a car or a bath or on high surfaces.
- Help prevent illness by avoiding crowded places and washing your hands often.
- Set your water heater to 120°F to avoid burns. Also do not cook or drink hot liquids while holding your baby.
- Make sure that your baby's toys do not have sharp edges and can't be broken. The toys should be at least one and a half inches wide—your baby could choke on them if they are smaller than that. Keep balloons and plastic bags away from your baby—they are dangerous and can suffocate your child.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or [ndvh.org](http://ndvh.org)

## COMMON CONCERNS

- **Stools:** Babies' stools are often runny, yellow and seedy with curds of undigested milk and may smell musty. Stools may also be green. Babies often make dramatic faces, pass gas, strain and draw up their legs when passing stools. As long as the stools are soft, this is not constipation and you should not worry. True constipation is rare at this age. Newborns may soil their diapers many times a day, often with every feeding. After about three weeks, some babies pass stools less often—one to two per day. Some babies may even pass stools once every few days. If your baby is eating well, seems comfortable, is gaining weight and has soft stools, do not worry about the rate that he or she passes stools.
- **Crying/colic:** For the first two to three weeks your baby's crying often means that he or she is hungry. Try feeding your baby. After this age, crying can mean other things—that your baby is tired for example. Some babies have colic—this means that they cry a lot. These babies tend to cry more in the evening. If your baby has colic, try soothing him or her with rocking, swinging, car rides, music, pacifiers or swaddling. Colic generally ends around three months.
- **Bathing:** After your baby's umbilical cord falls off, you can bathe him or her in a small tub.
- **Sleeping:** Always put your baby to sleep on his or her back in their own sleep space to reduce the risk of sudden infant death syndrome (SIDS). Babies should sleep on a firm mattress covered with a fitted sheet. Keep pillows, bumpers, blankets and toys away from your baby while he or she sleeps.