

# **Advanced Pediatrics of Rockland, P.C.**

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## **Anticipatory Guidance**

### **4 month old - Male**

Continue to place your baby on his back to sleep. If he rolls over onto his belly, it is o.k. to leave him in that position now. We still don't use blankets or stuffed animals in the crib in order to prevent suffocation. Your baby needs to sleep in the crib only - never put him to sleep in a bed.

Don't leave him on a changing table, bed, sofa or your lap without holding him in order to prevent a fall.

Start solid foods slowly - start with stage 1 consistency (puree) to avoid choking. Give 1 ounce with a teaspoon and vary the type of food in order to help prevent allergies. This includes fruits and vegetables. Mix a smidgen of peanut butter into the food at least 3 times a week to prevent peanut allergies. You can give powdered allergens from Ready, Set, Food! instead which contains peanut powder ([readysetfood.com](http://readysetfood.com).)

We don't start water until 9 months old. However, if it is a hot day and he is outside for a long period of time, you can give him a few ounces of water to make up for insensible water loss. Do not feed more than once a day for now. At 5 months old, you can increase it to 2 ounces per feed and feed him twice a day. Do not reduce the amount of breast milk or formula as this may cause the baby not to gain enough weight.

Continue vitamin D drops 400 IU daily if breastfeeding.

You can use fragrance free, mineral sunblock for sun exposure. We still recommend keeping him in the shade as much as possible.