



# 4

## Kapa'a Pediatrics MONTH WELL CHILD CHECK

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### New Milestones!!!

- Smiling spontaneously, shows self-soothing skills, cries in differentiated manner
- Responds to affection and changes in environment, indicates pleasure/displeasure
- Rolling over!
- Good head control
- Bearing weight on legs
- Turning to voices and making good eye contact
- Putting hands together and in mouth

### Healthy Habits

- Put baby to sleep awake but drowsy, feed your baby right before bed, make middle of night feedings brief and boring, leave lights off, do not talk or play
- No bottle propping! Never put baby to bed with bottle to prevent tooth decay and ear infections
- Put baby to sleep on back, don't use loose soft bedding
- Lower crib mattress before baby can sit up
- Keep baby out of direct sunlight, especially from the hours of 10am-4pm. Hats, loose fitting, long sleeve clothes are helpful if baby is in the sun
- Breastfeeding mothers should continue to get at least 15 min of sun per day to make Vit D
- No smoking: call The Hawaii Tobacco Quitline for help 1-800-QUIT-NOW (1-800-784-8669)

### Parenting

- Practice sitting and standing with your baby
- Practice tummy time at least 5x/day, this will help develop core body muscles
- Never leave your baby alone
- Never shake or hit your baby, if you are frustrated, place baby in crib and ask for help from other family members

### Nutrition and Growth

- Exclusive breastfeeding is ideal during the first 4-6 months
- Be confident in your breast milk supply as babies can have days where they may seem unsatisfied
- If you are concerned with your babies growth feel free to come in for a weight check
- If formula feeding, prepare as directed only 3-4 ounces every 2-3 hours
- Try your best not to overfeed with formula
- Solid foods- see more information about our infant diet handout online

### Teething Treatments

- Freeze a wet wash cloth for 1 hour to use as a chew toy
  - Try tying knots in it
  - Try soaking it in Chamomile Tea before freezing
- Freeze a pacifier or teething toy
- Frozen fruits in a mesh bag or cheese cloth is a great chew toy
- Let them gnaw on your knuckles
- One large cold carrot to chew on if your baby does not have teeth
- Avoid numbing gels (i.e. Benzocaine) as these do not work and may be dangerous if ingested

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# 4 MONTH WELL CHILD CHECK

## Newborn Knowledge

**Teething:** although teething can start as early as 4 months of age, drooling and putting things in their mouth is a normal developmental milestone that occurs around 3 months of age. Teething usually starts around 6 months of age with the bottom two teeth and causes increased fussiness. Remember that teething does NOT cause fever, rash, runny nose, or cough.

**Thrush:** fungal (yeast) infection in the mouth that looks like white plaques on the gums, tongue, and inner cheeks. If it is mild treatment is optional and you may want to try a home remedy that you can find online. If thrush is severe OR if mom has nipple pain, we strongly recommend a prescription antifungal medication be started.

**Constipation???** As your baby gets older and bigger, their intestine absorbs more and more nutrients to help them grow. Thus, babies can have less frequent stools as they get older. If the doodoo is soft then you do not have to worry. It is normal to go up to 7 days without having a bowel movement. Call us if they have not had a bowel movement in the past 8 days or if they are having hard pebbly doodoo.

**Circumcision Care:** remember to expose and clean the entire head of the penis once a day until 12 months of age to prevent penile adhesions.

Do not use ibuprofen (Advil, Motrin) until 6 months of age.

## Safety!!!

- **Car seats:** place car seat in the center of the back seat, facing backwards. Never put baby in front seat with passenger air bag
- **Prevent falls:** do not leave baby alone on sofa, bed, or table
- **Prevent choking:** keep small objects and plastic bags/balloons away from baby
- **Prevent drowning:** never leave baby alone in the tub or near water
- **Avoid burns:** set hot water heater to 120 ° max. Test temperature of food before feeding to baby, avoid using microwave to heat foods (uneven heating may lead to burns)
- **Sun burn:** avoid direct sunlight between 10am-4pm

## Things to look forward to:

- Sitting with minimal support
- Saying single syllables (baba)
- Scooting
- Teething
- Reaching for toys

## When to Call the Doctor

- Fever (temperature > 100.4F)
- Diarrhea and/or vomiting
- Poor appetite
- Decreased numbers of wet diapers
- Sleepier or less active



DON'T FORGET TO CHECK OUT OUR WEBSITE ☺

[www.kapaapediatrics.com](http://www.kapaapediatrics.com)

Common pediatric illness, common medication dosing charts, vaccine information sheets, and more!