

## Cranky and Fussy?

- Your baby may show signs of teething now. Give a chilled teething ring. If nothing else helps, try a dose of Tylenol. Avoid numbing creams or over the counter herbal teething products as they can be overdosed easily. There will be times when you will not be able to console your baby easily.
- You cannot spoil your baby by picking them up when they are fussy.
- Things to try for a fussy baby: changing the diaper, rocking, whispering, taking a ride in the stroller.
- Try techniques mentioned at [www.thehappiestbaby.com](http://www.thehappiestbaby.com).
- If you become overwhelmed, put your baby in a safe place and take a break or get some help.
- Your baby may fuss a bit before falling asleep. Try to put them down drowsy, so they learn to fall asleep by themselves. Limit naps to 2-3 hours and try to space out daytime feedings. Try to phase out night feedings.
- Babies make noises sometimes during light sleep. They may not actually be awake if they just whine or moan. Give them a few minutes to see how alert they are. Try to comfort them without picking them up if possible.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or consult [www.healthychildren.org](http://www.healthychildren.org).

## Four Month Visit

We will record your baby's height, weight, and head circumference. The numbers themselves are not as important as the trends over time, and they do not have to be average (50th percentile) to be normal.

Let your doctor know if you believe your baby may have had a reaction to the vaccines given at your last visit.

### Let your doctor know today if...

- Your baby does not move both arms and both legs vigorously and equally.
- Your baby does not lift his head when on his tummy.
- Your baby never seems to look at you.
- Your baby never smiles back at you.
- You are worried about your baby's growth, development, or behavior.
- You are feeling overwhelmed or sad about the baby or unable to enjoy being with the baby.
- You have questions about breastfeeding.
- You have a particular concern that's always on your mind.

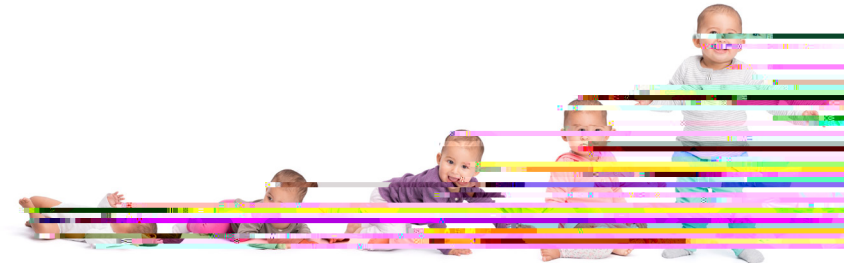
### Your next visit

At the six month visit your doctor will...

- Compare the growth measurements to those from this visit.
- 



# Four Month Visit



## Vaccines

- 

