

Four Months Old: What to Expect



Growth & Measurements



Weight

We will check your baby's weight to track healthy growth since the last visit.



Length

We will measure your baby's length and plot it on the growth chart.



Head Circumference

Head circumference is measured to monitor healthy brain and skull development.

Feeding & Nutrition



Feeding Review

We will talk about how feeding is going – whether breastfeeding, formula, or both.



Introducing a Cup

At 4 months, you can begin introducing an open or sippy cup for exploration.



Early Signs of Solid Readiness

We will discuss early signs that your baby may be getting ready for solid foods – typically around 6 months.



Vitamin D

We will reinforce the importance of daily vitamin D supplementation for your baby.

Sleep & Routine



Longer Stretches

Some babies at 4 months are sleeping 6–8 hour stretches at night – a wonderful milestone!



Bedtime Routine

We will review how your bedtime routine is going and offer tips to support healthy sleep habits.

Development Milestones



Laughing & Squealing

Your baby is now laughing and squealing – joyful signs of social and emotional development!



Rolling Over

Rolling from front to back may begin around this age – celebrate every roll!



Recognizing Caregivers

Baby now recognizes familiar caregivers and lights up when they see you.



Mouthing Objects

Babies bring objects to their mouth to explore – this is totally normal and healthy sensory development.

Physical Exam & Vaccines

📄 I will examine your baby including checking muscle tone, head control, and early signs of teething such as drooling. Ask me anything and everything!

Muscle Tone & Head Control

– We will assess your baby's strength and how well they are holding their head up.

Early Teething Signs –

Drooling and mouthing can be early signs of teething. We will take a look!

DTaP – Diphtheria, Tetanus & Pertussis (whooping cough) vaccine, second round.

IPV – Inactivated Poliovirus vaccine, second round.

Hib – Haemophilus influenzae type b vaccine, second round.

PCV – Pneumococcal Conjugate vaccine, second round.

Rotavirus – Oral rotavirus vaccine, second round.

Questions & Concerns – This is your time! We will discuss any questions or concerns you have about your baby's health and development.