

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Today's Date: \_\_\_\_\_



### FOUR MONTH WELL CHILD CHECK

#### INTERVAL HISTORY

Any changes in your family since last visit?  Move  Job change  Divorce  None  Other:

Any relatives diagnosed with new medical issues since last visit?  No  Yes, describe:

#### DEVELOPMENTAL / BEHAVIORAL / SENSORY SURVEILLANCE

Are you concerned about your baby's vision?  No  Yes

Are you concerned about your baby's hearing?  No  Yes

Mark each task that your baby is able to do:

- Smiles to get your attention  cuddling  Babbling  Head steady when sitting on lap
- Wants you to play  Begins to roll and reach for objects  Uses arms to lift chest  Can calm down on own
- Lets you know when he/she likes something  Lets you know when he does not like something

Any other concerns about how your baby is growing, learning, or acting?

No  Yes, describe:

#### ANEMIA RISK ASSESSMENT

Is your baby drinking anything other than breast milk or iron-fortified formula?  No  Yes, what:

#### MATERNAL DEPRESSION SCREEN

**Since your baby's birth, how often have you been bothered by the following?**

Little interest or pleasure in doing things:	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> >half the days <input type="checkbox"/> Nearly every day
Feeling down, depressed, or hopeless:	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> >half the days <input type="checkbox"/> Nearly every day

#### ANTICIPATORY GUIDANCE:

- Make a routine each day for feeding, bathing, sleeping, and playing. Talk and read to your baby often.
- If breastfeeding, feed your baby 4-5 times per day. Plan for pumping and storing breast milk.
- If formula feeding, feed your baby 4-5x each day, 6-7 oz per feed.
- Human milk or formula are still the best foods for this age. It is optional to start rice cereals, baby food at this age.
- Use a rear-facing car safety seat in all vehicles. Do not smoke in house or in car.
- Keep plastic bags, balloons, and other small objects away from your baby, due to choke hazard.
- Keep a hand on your baby on any high surface from which she can fall and be hurt.
- Never leave your baby alone in bathwater, even in a bath seat or ring.
- Kitchen is the most dangerous room. Don't let your baby crawl there; use a playpen or high chair instead.
- Continue having your baby sleep on the back, in a crib, and keep toys, comforters, pillows out of crib.
- Encourage active play - mirrors, floor gyms, and colorful toys.
- Do not give your baby a bottle to fall asleep with. It will cause tooth decay and ear infections.
- Clean gums and teeth (as soon as you see the first tooth) 2 times per day with a soft cloth or soft toothbrush with a small smear of fluoride toothpaste