

WELL-CHILD DIARY

FOUR-MONTH CHECKLIST

Your baby is changing and growing at a rapid pace and Humana Military is here to help make sure you don't miss a thing! Things to keep in mind during your four-month well-child visit:



ASK YOUR DOCTOR:

QUESTIONS

What immunizations will my baby get during this visit?

When is a good time to start sleep training?

Is my baby close to teething?

Should I discourage my baby from thumb sucking?

Is it safe to keep swaddling her?

How many daily poops should my baby have?

When should we transition to a crib?

Should my baby be sleeping through the night?

ABOUT MILESTONES

Smiles spontaneously

Likes to play with people and might cry when playing stops

Begins to babble, and copies sounds and expressions

Cries differently to show hunger, pain or being tired

Holds head steady, unsupported

May be able to roll over from tummy to back

Follows moving things with eyes from side to side

Can hold a toy and shake it

NOTES
