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 two-month well-child visit:

ASK YOUR DOCTOR:

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

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?



NOTES:		

