



# West Virginia HealthCheck

## 4 Month Visit

### What to Expect at the 4 Month Visit

At the 4 month visit, expect your health care provider to focus on your changing baby. Some questions your provider may ask include:

Tell me how your baby is responding to you? Is he or she responding with smiles, coos or laughs?

Is your baby fussy? Is he or she able to self-console?

Have you thought about when you will begin to give your baby solid foods?

- Your baby's length and weight along with **head circumference** will be measured.
- Your baby will have a complete head-to-toe physical examination.
- Your baby will receive one or more immunizations.
- Your provider will talk with you about your baby's social, emotional and physical development and what to expect over the next 2 months.
- Throughout the visit, you will have opportunities to talk with your provider about questions and concerns you may have about your baby.
- In addition, your provider will give you information on how to take care of your baby including tips on feeding, safety and playtime.

### Preventive Care Tips: *Developmental Surveillance and Screening*

A child's growth is more than just physical. Children grow, develop and learn throughout their lives, starting at birth. A child's development can be followed by how they play, learn, speak and behave.

Skills such as taking a first step, smiling for the first time and waving "bye bye" are called developmental milestones. Children reach milestones in playing, learning, speaking, behaving and moving (crawling, walking, etc.).

As you watch your baby grow and anticipate his milestones, it's natural to wonder (and even worry) about whether his development is on track ("Shouldn't he be crawling by now?" or "His sister was waving 'bye bye' by this age — why isn't he?"). But chances are that he'll develop just fine, on his own timeline.

In most instances, babies reach each developmental milestone (like rolling over, sitting, walking and talking) right around the expected time, and if they don't, they catch up soon. On the other hand, spotting potential problems sooner rather than later is important if your baby does have a genuine developmental delay.

Beginning with your baby's first visit, your provider will begin monitoring your baby's development through a process called developmental surveillance. Your provider will use developmental surveillance to tell if children are learning basic skills when they should, or if they might have problems. Your baby's doctor may ask you questions or talk and play with your baby during an exam to see how he or she learns, speaks, behaves and moves.

At the 9, 18 and 30 month visits, the provider will use a **standardized developmental screening tool** to make it easier to evaluate your baby's overall development.

If you're worried about your baby's development between regular well-child visits, don't wait until the next one. Call your provider and explain your concern. He may be able to calm your fears quickly, or may want to schedule an appointment for a developmental screening right away.

### What To Expect At The 6 Month Visit

- Your provider will talk with you about your baby's continued development and what to expect over the next two months.
- Your baby will receive one or more immunizations.
- Your baby will have risk screens for **tuberculosis** and **lead exposure**.

**West Virginia  
HealthCheck Program**

**1-800-642-9704**

[www.dhhr.wv.gov/healthcheck](http://www.dhhr.wv.gov/healthcheck)

**Transportation Assistance**

**Contact MTM to schedule a ride**

**1-844-549-8353**

[www.mtm-inc.net/west-virginia](http://www.mtm-inc.net/west-virginia)