

Four Months



As your baby grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your baby learn and be healthy. If you have concerns about your baby's growth or development, talk to his or her doctor. Visit this link for milestones.

Your baby can

- Steady head control, raise head/body on arms when on tummy
- Roll tummy to back, plays with hands, suck thumb
- Smile, laugh, squeal

You can

- Read, sing, smile and talk to your baby
- Give safe squeaky toys/rattles, play pat-a-cake, show baby self in mirror
- Move baby arms/legs with play
- Provide many tummy time opportunities during the day
- Meet baby's demands fully and without unnecessary delay: baby will cry less, be less demanding, and be more accepting of comfort.

For more information visit <https://tinyurl.com/y6ta9tuk>

When your baby has regular checkups, her doctor is able to track her growth and development and identify concerns. You have a chance to build a relationship of trust and address your concerns. Your baby will receive immunizations at their four month well check. Immunizations help prevent serious illnesses.

Visit this link for vaccine information. <https://tinyurl.com/hhrtrth>

Keep your baby safe!

- Avoid exposure to cigarette smoke
- Must be in rear-facing car seat until 2 years of age <https://tinyurl.com/olvsczo>
- Avoid sun exposure – keep baby in shade & use protective clothing.
- Insect repellent can be used
- Supervise your baby at all times

Baby should ALWAYS be laid on his back and in his own crib or pack and play to sleep. Visit this website to test your knowledge of safe sleep practices. <https://tinyurl.com/yc8xmdfr>

Feed your Baby!

Your baby will still be drinking a bottle or breastfeeding every 3-4 hours. They will probably have a longer stretch of sleep at night. For babies at 4 months of age, breast milk or formula remains the best food.

<https://tinyurl.com/y9gflmtj>

- Solid feeding is discouraged until about 6 months of age
- Avoid feeding your baby too much by following the baby's signs of fullness, like leaning back, or turning away
- Breastfeed as long as desired, pump when away from baby
- Never put baby to bed with bottle
- Use a cold teething ring if your baby has sore gums with teething
- Clean gums with water and a clean washcloth. As soon as you see the first tooth you can use small smear of fluoride tooth paste, the size of a grain of rice

Remember to take care of you!

Taking care of baby requires a lot of energy and attention. It will be easier to do this if you are taking care of yourself. <https://tinyurl.com/yx3nrwmz>

- Take time for yourself
- Take time together with your partner
- Spend time alone with your other children
- Encourage your partner to help care for your baby
- Choose a mature, trained, and responsible babysitter or caregiver
- Talk to your doctor or a loved one if you are feeling down or overwhelmed