

Things to Keep in Mind, continued:

- Keep small things which your baby can swallow out of their reach.
- Do not leave an iron or curling iron in baby's reach.
- Your baby will not be able to tell you when they don't feel well. Watch for signs of illness such as fever, poor appetite, being less active/more fussy. Have a thermometer at home and learn how to take your baby's temperature.
- Baby teeth may start to come in as early as 6 months and this may make your baby irritable or restless. A cool teething ring or clean wash cloth to chew on may make sore gums feel better.
- Get your house ready for a crawling baby by using safety locks on cabinets and covering electrical outlets.
- Avoid sun exposure; use children's sun screen.

AT 4 MONTHS, YOUR BABY CAN:

- Roll over; turn toward a voice.
- Coo, laugh and get excited.
- Hold their head up and steady when being held in a sitting position.
- Lift up their head and chest on their arms while lying on their tummy.
- Look at an object in front of them and reach for it, maybe even grasp it.
- Spend time looking at and touching their own hands.

AT 4
MONTHS



TO CONTACT YOUR
MEDICAL HOME:



4 MONTH VISIT

Weight _____ Length _____

Today's Visit

- You and your provider will talk about your baby's growth and development.
- Your provider will ask for an update on your baby's health.
- Your baby will have a physical examination and may receive immunizations.
- You will have an opportunity to ask questions.

Things you may want to discuss:

- Getting the help you need with the baby.
- How to determine your baby's wants and needs.
- Your baby's sleeping habits.
- Plans to return to work or school, and child care arrangements.
- Changes in your family since your last visit.
- Some things your baby can do now that he couldn't do at the last visit.
- How you are doing: time for yourself, support for you, sleep.

Next Visit

How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Don't forget to bring your child's Medicaid or insurance card.
- Share what you have learned at today's visit with other family members and caregivers.
- Be prepared to give information about your baby's possible allergies to food or medication.

What to expect:

- Your baby will have a physical examination and receive additional immunizations.
- You will fill out a questionnaire about your child's development.

Things to Keep in Mind:

- Your baby should always be buckled into their car seat when traveling; children cannot be placed in the front seat if the car has airbags.
- Cereal can be started between 4 and 6 months if your baby is developmentally ready.
- Always feed the baby cereal with a spoon; never place it in a bottle.
- Do not put your baby to bed with a bottle or prop one in its mouth.
- Don't share a spoon or pacifier in your mouth.
- Do not string toys or mobiles across the crib—once the child can raise their head; they could get caught and strangle.
- Establish a bedtime routine and put the baby to bed while they are awake.
- Put your baby to sleep on their back.
- Use "tummy time" for play.
- Read simple books to your baby.
- Your infant may enjoy playing pat-a-cake and peek-a-boo; they also love to have you talk and sing to them.
- Keep all poisonous substances, medicines, cleaning agents, health and beauty aids, paints and paint solvents locked in a safe place out of baby's sight and reach.