

# My Baby

## at 4 months



### Baby Shots

My four month shots include:

- DTaP
- Polio
- HIB
- Hepatitis B
- Pneumococcal
- Rotavirus - oral



Making sure I receive my shots protects me from getting diseases that can cause serious illness.

✓ Call my health care provider or health department (1-800-432-4121) to make an appointment for my four month shots.

### By the 4th month...

- ♥ Your baby is interested in people and things around them.
- ♥ Your baby enjoys hugs and kisses, songs and smiles from family members.

### Watch me grow! I can...

- Gain 3-5 ounces every week.
- Grow about 1/2 inch each month.

### What I need...

- To take 5-6 ounces of breast milk/formula at each feeding (depending on my size), between 23-35 ounces a day.
- To be breastfed on demand during the day. I may nurse less frequently at night.
- To wait until 6 mos. to start cereal/solid foods.
- To be held and cuddled during feedings. This shows me I'm special!
- To suck. Sucking on a hand or fist may help quiet me, or a pacifier may help.

### Keep me safe ...

- Placement in a rear-facing car seat is required until age 1 and 20 lbs., and recommended until age 2.
- Hold me while feeding me a bottle.
- Remove crib toys that fit across the crib.
- Give me soft toys that do not have small parts.
- Call someone if caring for me becomes stressful.
- Make sure I have clean air to breathe; smokers should quit or smoke outside.
- Put me to sleep on my back in my crib.

### Don't forget... I can

- Sleep through one night feeding and usually have 2 naps per day.
- Wake up in the night.
- Begin to babble.
- Cry in different ways to show hunger, pain or that I'm tired.
- Let you know if I'm happy or sad.

### Show me love by...

- Giving me tummy time on a flat surface. The floor is the safest place.
- Giving me bright, colored objects to look at like soft dolls, toys or mobiles.
- Holding me and talking to me face-to-face. I need someone to smile at and talk to.
- Reading to me.
- Gently massaging me while telling me stories.
- Making faces at me and watching me make them, too!

### You can take care of my oral health by...

- Holding me during feedings.
- Wiping breastmilk or formula out of my mouth after feeding using a soft cloth.
- Brushing as soon as you see my first tooth.
- Not putting me in bed with a bottle.

### You can keep my skin clear by...

- Changing my diapers frequently.
- Cleaning my skin with water every diaper change.

## Exploring my world . . . I can

- Hold my head up and raise my body with my hands when I'm on my tummy.
- Roll from my stomach or side to my back.
- Have good head control when sitting supported.
- Begin to reach for objects and play with hands.
- Initiate smiling cooing, laughing and squealing.

## Hey! CHECK ME OUT!

### Have you seen me . . .

- ✓ Work for a toy out of my reach
- ✓ Put my hands together
- ✓ Grasp a rattle
- ✓ Coo and try to talk
- ✓ Turn to your voice or noises
- ✓ Roll over



## The Path to Reading...

**4 months**

### You can:

- ★ **Read** with your baby in your lap. Be brief, but read often. Reading lets your baby hear your voice and the sounds the words make.
- ★ **Listen** when your baby “talks.” This will encourage your baby to keep “talking” with sounds and gestures.
- ★ **Say** rhymes when you play with your baby. Repeating rhymes helps your baby learn sounds that will help with reading later on.

**Book Corner:** Continue using books with simple, large pictures of people or familiar objects. Stiff cardboard books or “chunky” books are also fun. Soft vinyl books can go in the bath with your baby.

## Check out these websites and apps for FREE info!



WIC Website for Feeding Information  
[www.michigan.gov](http://www.michigan.gov)



Your Child—General Health information:  
<http://www.med.umich.edu/yourchild/index.htm>



Free Baby Care App:  
(Google Play)



WebMD Baby App:  
<http://www.webmd.com/webmdbabyapp>



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**nwhealth.org**  
**(800) 432-4121**



205 Grove St.  
Mancelona, MI 49659

209 Portage Dr.  
Bellaire, MI 49615

220 W. Garfield  
Charlevoix, MI 49720

3434 M-199, Suite A  
Harbor Springs, MI 49740

95 Livingston Blvd.  
Gaylord, MI 49735

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