



YOUR BABY AT 4 months

This is the time when it's important for your baby to learn to trust and form a secure attachment. Take time to give love, hugs, smiles and lots of reassurance. Here are some health questions to consider:

Healthy Feeding

- Don't give your child honey or food made with honey, even if it's cooked or pasteurized.
- Breast/chest milk is the perfect milk for your baby until 2 years of age or older. Breast/chest milk protects your baby from infections.
- Feed your baby when they show signs of hunger.
- If your baby drinks breast/chest milk, or both breast/chest milk and formula, they need a supplement of 400 IU (10 mcg) Vitamin D daily. If your baby drinks only formula they do not need a Vitamin D supplement.
- Your baby's body is not ready for solid food until around 6 months of age.
- When your baby is about 6 month old, they may be ready to start eating solid foods if they can:
 - › Hold their head up and,
 - › Sit up and lean forward and,
 - › Pick up food and try to put it in their mouth and,
 - › Let you know when they are full by turning their head away.



	YES	NO
Does your baby only drink breast/chest milk?	<input type="checkbox"/>	<input type="checkbox"/>
Are you happy with the way your baby feeds?	<input type="checkbox"/>	<input type="checkbox"/>
If your baby drinks breast/chest milk do you give them a Vitamin D supplement daily?	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Smiles

- Wipe your baby's gums once a day with a clean wet cloth. It is important to begin cleaning your baby's mouth before teeth appear.
- Germs that cause tooth decay can be passed from you to your baby:
 - › Avoid sharing toothbrushes.
 - › Avoid licking your baby's soother to clean it. Wash the soother with warm water to be sure the soother is clean for your baby.
 - › If either parent/caregiver has tooth decay, they should see a dentist.



	YES	NO
Does your baby have their mouth cleaned every day?	<input type="checkbox"/>	<input type="checkbox"/>

Safety

- Keep your baby in a rear-facing car seat with a 5-point harness and a Canadian National Safety Mark Sticker while in a car.
- Your baby should sleep in their own crib in your room for the first 6 months.
- Babies learn to roll quickly. Never leave your baby alone where they can fall or get stuck between furniture. Use safety straps with all baby equipment.
- Babies explore and learn by putting things in their mouths. Check your home for things that your baby can choke on. Any object that fits into a toilet paper roll is dangerous.
- Make your home and car a healthy place for your baby by having them smoke/vape free. Call 811 or talk with your doctor about the QuitNow program.



	YES	NO
Is your baby placed in a rear-facing car seat with a 5-point harness and a Canadian National Safety Mark Sticker while in a car?	<input type="checkbox"/>	<input type="checkbox"/>
Do you always use the safety straps on your baby's stroller, high chair or swing?	<input type="checkbox"/>	<input type="checkbox"/>
Is your baby always put to sleep on their back?	<input type="checkbox"/>	<input type="checkbox"/>
Is your baby always in a smoke/vape free place?	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Growth and Development

- Talk to your baby or sing songs during daily activities. Look at colourful picture books with your baby.
- Give your baby time to play on their tummy when they are awake. Tummy time supports your baby's development and helps prevent a flat head.
- Babies enjoy touch. Rock and cuddle your baby. Play with their fingers and toes. Touch helps baby's brain to develop.
- Babies learn best from face-to-face time with you and when you respond to their cues. Your baby feels safe when their needs are met.
- TV, phones, computers, and other screen activities are not recommended before 2 years of age. Limit the time on your phone and other screens when you are with your baby.
- It is common for baby's eyes to wander or cross in the first 3 months. By 6 months your baby's eyes should appear "straight" & work together. BC eye doctors recommend babies receive their first eye exam when they are 6 to 9 months old. If you have concerns or a family history of eye problems go sooner.
- Hearing can change. If your baby stops babbling or responding to sounds, a free hearing test is available. Contact your Public Health Unit.



	YES	NO
Does your baby make sounds when looking at toys or people?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby reach for toys with both hands?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby turn their head towards familiar voices?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby hold their head straight up, looking around when on their tummy?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby smile when they see you nearby?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered NO to any of the above questions or would like further support:

**visit your family doctor
for a Well Baby Visit**



call 8-1-1



**call your local Public Health Unit to
speak with a public health nurse**



For more information:

fraserhealth.ca/parenting

healthlinkbc.ca/pregnancy-parenting