



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

- Breast milk is the perfect milk for your baby until 2 years of age or older. Breast milk protects your baby from infections.
- Feed your baby according to the signs of their hunger and fullness cues. Trust your baby to know how much they need.
- If your baby drinks breast milk, or both breast milk and formula, they need a supplement of 400 IU 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.
- At about 6 months of age watch your baby for signs of readiness to start eating solid foods. Signs of readiness are:
 - › Your baby can sit and hold their head up
 - › Your baby can watch and open their mouth for the spoon
 - › Your baby is able to move food from the front to the back of their mouth.
- Call 8-1-1 to speak to a dietitian about how to start solids if:
 - › your baby has mild or moderate eczema
 - › a close family member has been diagnosed with a food allergy, eczema, asthma or hay fever
- If your baby has severe eczema or an egg allergy, speak to your doctor **now** about when to introduce peanuts.



	YES	NO
Does your baby only drink breast 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 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 has tooth decay, he/she 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 for every trip. Check your car manual for where to place the car seat.
- 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-free. Call 811 or talk with your doctor about the Quit Now program.



	YES	NO
Is your baby placed in a rear-facing car seat in the 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-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 for the first 3 months and then move together after that. Take your baby to an eye doctor by 3 years of age or sooner if you have concerns or a family history of eye problems.
- 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**

or

call 8-1-1

or

**call your local public health unit to
speak with a public health nurse**



For more information:

fraserhealth.ca/parenting
healthyfamiliesbc.ca/parenting

