

3 TO 4 MONTHS



My photo
at 4 months.

HELP ME BE HEALTHY...

At this checkup:

- I will be weighed and measured.
- I will be looked at everywhere.
- The doctor will check my hearing, how well I see, and look to see how I move.
- I will have several immunizations.
- Ask the doctor or WIC Nutritionist about starting cereal when I am 4 months old. Rice cereal is the first cereal I should try. Please feed me my cereal from a spoon. Do not put it in a bottle.
- You may be asked to complete an "Ages and Stages Questionnaire" to help determine if there are any developmental concerns.

Keep me away from cigarette smoke, cigar smoke and e-cigarette vapors.

It makes it harder for me to breathe, increases the chances of ear infections and other illnesses, and is a factor in causing sleep-related death.

PLAY WITH ME. IT HELPS ME LEARN!

- Play "talking back-and-forth." First, I make a noise and you listen. Then you make the same noise and I listen. We do this many times.
- Put me on my tummy to play with interesting toys that I can look at and bat with my hands.
- Read to me. I like stories that are short.
- Hold a rattle or toy in front of me. Move it to get my attention. Then let me try to keep my eyes on it while you move it from one side to the other, up and down, and in circles. This helps me use both eyes.
- Play peekaboo with your hands or a blanket.
- Walk me around the house and yard and tell me about the world. Sing a song and dance with me on our little walk.

NEED INSIGHT & ADVICE TAILORED SPECIFICALLY FOR YOUR FAMILY?

Programs are available where professionals will come to your home and work with you and your family to answer any questions that you may have regarding your child's development. More information about these programs can be found on page 30 of this calendar, or by calling Child Care Aware® of Eastern Kansas at 785-357-5171 or 877-678-2548 toll free.

Each child grows and changes at a different rate. Do not worry if I am early or late in the ways that I am growing. Help me to learn. If you are concerned, talk to my doctor, nurse or contact our tiny-k office for a free developmental screening. You can find that number at <http://tiny-k.org/>.

WATCH FOR ME TO...

- Smile at you to get you to pay attention to me.
- Hold up my head steady when I sit on your lap.
- Hold a small toy like a rattle for a few seconds if you place it in my hand.
- Laugh out loud.
- Say “oo,” “aah” and other vowel sounds. When I say these sounds, I will sometimes say them quickly. Other times, I will say them slowly and kind of sing the sound.
- Hold my head all of the way up and rest on my arms when I am on my tummy.
- Recognize sounds that I hear often. For example, the sound of a favorite toy, running water or your voice.
- Let you know I recognize you as a special person. I get excited when I see people I know or my bottle.

HELP ME BE SAFE...

- Make sure that the toys, pacifiers and other things you give me are safe for me to have. They should not have any sharp edges or loose pieces. Toys should be big enough that I cannot fit them into my mouth.
- I am now strong enough to wiggle out of the infant seat or tip it over. Use the safety strap and keep the infant seat on the floor. Keep it and me away from steps or other dangers.
- Never leave me alone on a bed, on a sofa, on a changing table, in a walker or in the tub.
- Keep me away from hot liquids like coffee, tea and soup. When you are holding me, do not try to drink anything hot. I could be badly hurt by a hot liquid spilling on me.
- Check that the house is safe for me. One way to do this is to get on your hands and knees and crawl around. Take away or move anything that I can reach or that could hurt me as I begin to explore. Keep me away from cords of all kinds – telephone cords, drapery cords, electrical cords, etc. Cover the electrical outlets. Be sure all painted surfaces are free of lead-based paint.
- I like to look at balloons, but keep them away from my face. If a balloon covers my mouth, I will not be able to breathe.
- Hold me when I am taking a bottle and hold the bottle for me; otherwise, I could spit up and choke. Do not put me to bed at night with a bottle. If I have a bottle in my mouth all night, the milk or juice could decay my new teeth!

HOW I AM GROWING...

My Length: _____

My Weight: _____

Sleeping Habits: _____

New Skills & Talents: _____

Favorite Things & Activities: _____

NEW THINGS ARE HAPPENING TO ME!

When something new happens to me, I may be angry or afraid. I am slow to change. Be patient with my changing moods.

What I really need is for you:

- To be patient and soothe me when I am upset.
- To show me new things, new people and new situations very slowly.
- To let me try three or four times to get used to something new. I might like it better the second or third time I try it.