

Your Growing Baby:

At three months your baby might:

- Be interested in other people
- Look toward sounds
- Smile, laugh and squeal
- Turn his head to look at objects moving close to his face
- Put things in her mouth, including her hands and feet
- Hold hand toys.

At four months your baby might:

- Enjoy being with people
- Hold her head up when on her tummy or held in sitting position
- Turn his head from side to side when looking at moving objects
- Try to turn over
- Sit when propped up
- Drool (she doesn't know how to swallow spit yet).

Health Care Needs:

- Make sure your baby has a well child checkup when he is four months old.
- Get your baby's four month shots at her well child checkup.
- Clean your baby's gums with a soft, clean cloth after feedings.
- Most babies sleep 15-18 hours a day, including two or three naps.

Call your baby's doctor or nurse if:

- Your baby's temperature under his arm is over 99° Fahrenheit
- Your baby is vomiting and/or has diarrhea
- Your baby has a rash
- Your baby is fussier than usual or just acts like she doesn't feel well.

Safety:

- Your baby can roll or fall off beds, couches, counters or tables.
- Place baby on a firm mattress or safety approved crib or bassinet covered by a fitted sheet only
- Remove loose blankets or soft objects such as pillows, bumper pads, quilts or stuffed toys from sleep area.
- Always place baby on her back to sleep.
- Never tie things around baby's neck.
- Do not let your baby play with things that have small parts. Babies put things in their mouths. Your baby could choke.
- Do not place your baby in a walker. They are not safe for babies this age.
- Never let anyone shake or throw your baby in the air.
- Never leave your baby alone in water. Your baby can drown in even a small amount of water.
- Keep your baby away from people who smoke.
- Keep your baby safely away from hot things like heaters and fireplaces.

Where is a safe place to put my baby when I am not holding her?

- Crib
- Mesh playpen with sides all the way up
- On the floor on a soft clean blanket
- Infant seat
- Move your baby around so he gets to see different things.
- Always keep an eye on your baby, even when you are not holding her. Accidents can happen even in safe places.

Three-to-four-month-old baby



Your Growing Baby:

Continued...

Car Safety:

- Put your baby in her car safety seat every time she is in a vehicle!
- Use an infant car safety seat that faces backwards.
- Put the car safety seat in the middle of the back seat.
- Be sure the car safety seat is fastened into the vehicle the right way.
- Be sure your baby is fastened into the car safety seat the right way.
- Car safety seats get very hot in warm weather and can burn your baby. Cover the car safety seat with a light blanket or towel.
- NEVER leave your baby alone in a vehicle — not even for a minute!

How can I keep my baby safe in our home?

- Make your home “baby proof” so it is safe for baby to play.
- Be kind and gentle to your baby.
- At this age, babies do not understand the word “no,” so do not expect your baby to respond to commands.

What kinds of toys and games are good for three- to four-month-old babies?

- Soft toys that are easy to hold. Be sure to remove any toys from your baby’s sleeping area.
- Teething rings
- Busy boxes
- Rattles
- Musical toys
- Pat-a-cake
- Peek-a-boo
- Imitate your baby’s sounds, and make funny faces at your baby.

Things you can do to show your baby you care about him:

- Talk and sing to your baby. Speak clearly. Don’t use baby talk.
- Gently hug and kiss your baby.
- Include your baby in family activities.
- Read to your baby. Simple picture books are good.
- Have quiet times in your home. Turn the radio and TV off.
- Take your baby outside for walks. Show your baby things like trees and birds.

Three-to-four-month-old baby