

AT FOUR MONTHS OF AGE

Height _____ Weight _____ Head Circ. _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

Hearing sounds imitated: Imitate your baby's cooing and Take turns making sounds with your baby. **Read to your baby.**

Being aware of sounds: Let your baby hear many different sounds, such as music, radio, and telephone bells. Also make different sounds with a rattle, squeeze toy, or bell. Do provide some quiet time when the radio and music are not on.

Developing personal and social skills:

Being massaged: To relax your baby, gently stroke his/her back, arms, or legs from top to bottom.

Being comforted: Try to determine why your baby is crying. Is he wet, hungry, tired? Try to develop a schedule for feeding and naptimes.

Play: Give your child safe toys to grab and put in his or her mouth. Encourage use of both eyes and both sides of the body when playing. This will help to develop equal strength. Play with and enjoy your baby.

Vaccines Given Today:

DtaP
Hib
Polio
Prenvar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Safety: Your baby can wiggle, out of an infant seat, off of a changing table, off of a couch, off of a bed.

- ❖ Keep your baby away from hot liquid and food. He can stick his hand in hot soup and he can grab your coffee cup.
- ❖ Keep your baby away from cigarette and cigar smoke. Smoke makes it harder for the baby to breathe.
- ❖ Time to make the house safe. Look for things that can cause harm: Telephone cords, electrical cords, drapery or blind cords, electrical outlets, breakable things (glass knickknacks, for example)

What is it like to be four months old?

What Your Baby Does

- ❖ Holds his head up and turns in all directions
- ❖ Grabs her feet with her hands
- ❖ Kicks and splashes when bathing
- ❖ Likes to sit, reach and grab
- ❖ Puts everything in his mouth
- ❖ Babbles and coos and copies sounds
- ❖ Tells you if she is happy or sad by the sounds she makes.
- ❖ May get quiet or scream when he is around someone that he does not see everyday. This is normal, he is learning that all people are not the same.

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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