

# Your Growing Baby:

## *Three- to four-month-old baby*

### **At three months your baby:**

- Raises head and chest when lying on stomach
- Opens and shuts hands
- Brings hands to mouth
- Grasps and shakes hand toys
- Looks toward sounds
- Smiles at the sound of your voice
- Turns head toward direction of sound

### **At four months your baby:**

- Looks at you, moves or makes sounds to get your attention
- Looks at their hands with interest
- Holds head steady without support when you are holding them
- Pushes up on elbows when on tummy
- Drools (doesn't know how to swallow spit yet)

### **Health Care Needs:**

- Make sure your baby has a well-child checkup at four months old.
- Get your baby's four-month shots at their 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 their 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 they don't feel well.

### **Safety:**

- Your baby can roll or fall off beds, couches, counters or tables.
- Place baby on their back on a firm mattress in a 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 their back to sleep.
- Never tie things around baby's neck including jewelry or teething necklaces.
- Do not let your baby play with things that have small parts. Babies put things in their mouths and 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 them?**

- On their back in a safe crib
- Mesh play yard with sides all the way up
- On the floor on a soft clean blanket
- Infant seat when awake
- Move your baby around so they get to see different things.
- Always keep an eye on your baby, even when you are not holding them. Accidents can happen even in safe places.

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# Your Growing Baby:

*continued...*

## *Three- to four-month-old baby*

### **Car Safety:**

- Put your baby in a car safety seat every time they are 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. Check the seat temperature before placing baby in the seat.
- 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 them:**

- 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.

