



## Infant Care Tips: Four Months

### **Baby can:**

- Roll over.
- Hold head and chest up as he supports himself on his elbows.
- Look at an object in front of him and reach for it, maybe grasp it.
- Hold a rattle and bring it to the mouth.
- Spend time looking and touching own hands.
- Turn to a voice.
- Squeal, coo, laugh, babble, get excited.

### **Safety**

- Never carry your baby and hot liquids at the same time. Babies will wave their fist and grab at things; baby could get burned.
- Keep a hand on your baby in water. Never leave your baby alone in water. Check bath water for hot spots.
- Your baby will wiggle and move more. Never leave your baby alone on changing tables, beds, or furniture. He could fall off.
- Keep small things your baby can swallow out of reach and picked up. These include safety pins, buttons, coins, beads, pieces of food and toy parts.
- Wash toys that baby puts in his mouth often. Check often for any loose parts that could be swallowed.
- Always put your baby in an approved safety seat buckled in correctly in the back seat, facing the back window of the car. Never put an infant in the front seat with an airbag. Never leave your baby unattended in the car.

### **Feeding**

At *4 months*, your baby needs breast milk or formula.

- Formula amount should be 30 to 38 ounces in a 24-hour period.
- Plain rice cereal by spoon. Start with two teaspoonfuls once or twice a day and gradually increase it to two or three tablespoons twice a day. Some babies are not ready for cereal until 5 or 6 months old. Use juice, formula or breast milk to mix cereal.

Be good to your baby:

- Hold your baby while feeding.
- Do not add sugar to his cereal since this only adds calories.
- Do not put cereal in the bottle.

### **Bowels**

Stools may remain yellow or greenish and soft or pasty.

## **Immunizations**

Your baby's second series of shots is needed this month. Ask your health care provider of visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) for a complete list.

## **Fever**

Use an infant or children's acetaminophen (Tylenol®, Tempra®) or ibuprofen (Motrin®) for fever. Check medicine box for your child's weight and appropriate dose.

## **Play**

- Your baby is more fun to play with now. He can entertain himself for a short period of time.
- Put your baby on his stomach on the clean floor and put bright toys (rattle, plastic cup, spoons, blocks) where he can see and reach for them.
- Prop up your baby to see what's going on in the room.
- Play peek-a-boo.

## **Dental Care**

- Baby teeth will start to come in as early as 6 months.
- As your baby's teeth begin to erupt, he may be irritable and restless. A cool teething ring or clean, wet cloth to chew on may make sore gums feel better. Physicians do not recommend over-the-counter products for teething pain.

Cleaning new teeth is important and easy. Just use a small, soft-bristled toothbrush and water to brush the teeth at least once a day. No toothpaste is needed.

## **Symptoms of Illness**

- Your baby won't be able to tell you when he feels bad. Watch for signs of illness such as fever, poor appetite, being less active and more fussy.
- Have a digital thermometer at home and learn how to take your baby's temperature.

For more information contact Guilford County Department of Health and Human Services, Public Health Division at 336-641-7777 or [www.myguilford.com](http://www.myguilford.com)