

# A Healthy Child... A Happy Home...



## Getting to Know the World

4-5 months

### More Active

Your baby is getting more active. At 4-5 months babies are:

- Starting to roll over
- Reaching for things
- Putting everything in their mouths
- Smiling back at you
- Happy lying on their bellies on the floor. Pretty soon baby will begin “scooting,” and getting ready to crawl.

Babies are starting to discover their world. It is an exciting time. Their world is an interesting place. And they are learning about it.

### Discover Safely

Since your baby may be reaching, rolling and trying to move about, think about these safety tips:

#### DO NOT USE BABY WALKERS

- Baby walkers are dangerous. Many babies have been seriously hurt in them. In a walker,
  - Baby can reach and pull down heavy or hot things. Baby can be hurt.
  - The walker (and Baby) can fall down stairs.

### CHILDPROOF YOUR HOME

- Everything babies touch they put in their mouths.
- Make sure there are no toy parts, coins or little things that Baby can reach and touch. If they grab something, they will put it in their mouth.
- Never leave Baby alone on a bed, table or other high area.

### Babysitting and Daycare

Now that your baby is older, you may be going to work, school or just getting out more. You want to feel good about the care your baby is getting while you are away. Here are some things to think about:

- Is the babysitter kind and gentle with children?
- Does the babysitter look at the children when she talks?
- Does the babysitter have safe toys and books? Is the TV babysitting the children? TV is not good for children under 2.

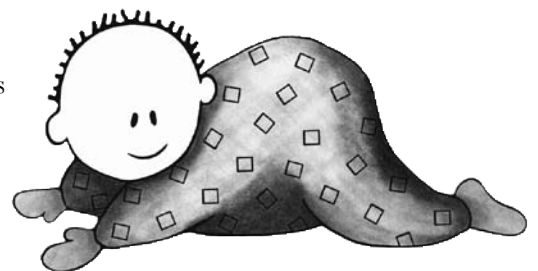
- Is your babysitter’s home smoke free? Babies who breathe secondhand smoke are more likely to develop asthma, get more ear infections, and are more likely to suffer from lung diseases.

You are the boss. You need to feel good about the babysitter you pick.

### Reading

- Babies like picture books.
- They like colors.
- They like hearing your voice (and they are learning words).

Did you know that the library often has children’s books in many languages? You can read to your baby in your language.



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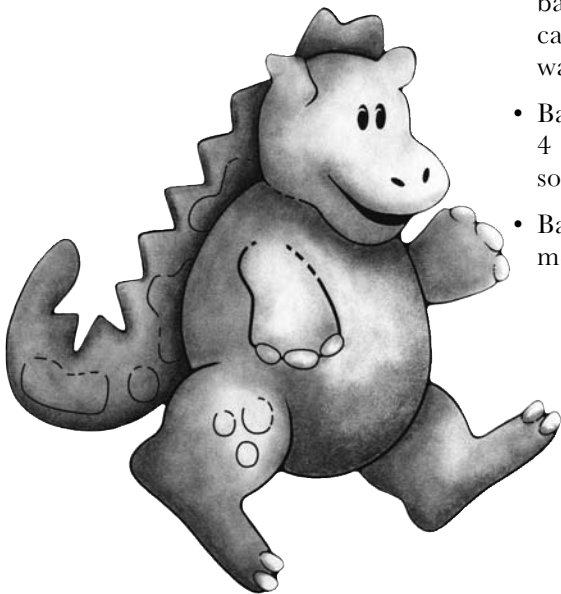
BETTER TOGETHER



Play with me everyday! That’s how I learn about the world.

## Nutrition - Feeding Baby

- It's best to start solid foods when your baby is 6 months old.
- Right now, stay with breast milk or formula at every feeding.
- Baby can begin having juice (only 1-2 ounces a day) from a cup only.
- At 6 months, begin giving your baby a meal of rice cereal.
- Feed Baby cereal with a spoon. Don't put cereal in Baby's bottle.
- Never put Baby to bed with a bottle. It can lead to tooth decay and increased risk of ear infections.
- It's time to get a high chair. Make sure it has a seatbelt.
- Ask your provider about fluoride supplements for Baby's teeth.



## Health and Safety

- Always put Baby in a carseat when you go in the car. Make sure the carseat is placed in the middle of the back seat, facing the rear window, and buckled in.
- Anything a baby can reach, he will put in his mouth!
- Keep the floor and table clear of little things (like coins, cigarette butts, paper clips, dust balls and Lego® parts).
- Keep scissors and sharp things out of all children's reach.
- Cover unused electrical outlets with plastic outlet caps.
- Keep lamp and extension cords out of reach.
- **Never** leave Baby alone on a couch, bed or changing table. Babies can roll over now. They can roll or scoot off things and get hurt.
- Never leave Baby alone in the bathtub, even for a second. Babies can drown in just a little bit of water.
- Baby needs immunization shots at 4 months. Make an appointment soon.
- Baby's next checkup is at 6 months. See you then.



## Coming Attractions

In the next months, most babies:

- copy the sounds you make (babies like to hear you talk)
- grab their feet
- get better at grabbing things and moving things from hand to hand
- begin to sit
- start drooling more (getting ready for teething)

## How are YOU Doing?

**Parents have busy lives. Are you taking any time for yourself?**

**It's good to make time for your partner, and have time as a couple.**

**If you are single, it's still important to make time for yourself.**

- Take a bubble bath.
- See a movie.
- Rent a video.
- Read a magazine.

**Be kind to yourself, too.**



**We all love to be treated with kindness.**