

Your Baby's Health at 4 Months

Milestones

Ways your baby is developing between 4 and 6 months of age.

Holds head up while lying on tummy.

Squeals, laughs, smiles.

Rolls over from front to back.

Holds rattle, tries to put it in mouth.

Tries to pass toys from one hand to the other.

Recognizes parent's voice and face.

Learns to sit upright, with support at first.

You help your baby learn new skills by playing with her.

For Help or More Information

For help finding childcare: Washington State Child Care Resource and Referral Network, 1-800-446-1114.

Child health and development

information: CHILD Profile website: www.childprofile.org.

CHILD Profile parent mailings: Healthy Mothers, Healthy Babies Information and Referral Line, 1-800-322-2588 (voice) or 1-800-833-6388 (TTY Relay); ask to be added to the mailing list if you are not getting mailings now.

Parenting Skills or Support: Family Help line, 1-800-932-HOPE (4673), Family Resources Northwest, 1-888-746-9568, Local Community College Classes

Health Tips

Regular checkups are a great time to ask the doctor or nurse questions about your baby's health and development. Make a list before you go for the checkup. Bring your baby's immunization history card with you to checkups.

Your baby can get immunizations even when he has a mild cold or diarrhea or is taking antibiotics. Immunizations will not make these illnesses worse.

At this age your baby gets all the nutrition she needs from breast milk or formula. If you are breast feeding, try to keep it up through at least the first year. Wait to give your baby cereal or other solid foods until at least 5-6 months of age.

Check your baby's vision and hearing. Watch to see if her eyes follow moving objects. Notice if she turns toward loud or unexpected sounds.

Continue putting your baby to sleep on his back. Keep soft bedding and stuffed toys out of his crib for the first year. Make sure other caregivers do this also.

Parenting Tips

Sing, talk, and play with your baby every day. Look at your baby and repeat the sounds he makes.

Put your baby on her tummy to play on the floor. Put toys near her so she can reach for them.

If you have any concerns about your baby's development, ask your baby's doctor or nurse or call Healthy Mothers, Healthy Babies.

Safety Tips

Always keep one hand on your baby when she is on a bed, sofa, or changing table so she does not roll off.

Continue to use a rear-facing car seat on every ride. Buckle your baby up in the back seat.

Guidance to Physicians and Nurse Practitioners for Infancy (4 months)

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

Hearing Screen

Use clinical judgment.

Developmental Milestones

Always ask about and follow-up on parent concerns about development or behavior. You may use the following screening list, or use the Ages and Stages Questionnaire, the Denver II, or the ELMS2 (a language screen).

Yes No

 Holds head up to 90 degrees.

 Laughs.

 Follows past mid line.

 No persistent fist clenching.

Instructions for developmental milestones: At least 90% of infants should achieve the underlined milestones by this age. If you have checked "no" on even *one* of the underlined items, refer the infant for a formal developmental assessment.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control or Prevention. **Parents and providers may call Healthy Mothers, Healthy Babies (1-800-322-2588) with questions or concerns on childhood development.**