

Child Care Health Partnership Parent Handout – 4 months

PARTNERSHIPS

You are your child's first teacher. Parents will be viewed as partners and treated with respect.

- Caregivers will be responsive to your concerns and suggestions.
- Your culture, beliefs and child rearing practices will be respected. If incompatible practices arise, they will be discussed.
- Support and encouragement are always available.

NUTRITION

Many moms continue to breastfeed after they go back to work. It takes a little planning but your worksite and child care provider can work with you to ease this transition. Babies will always be held when bottle fed and bottles will never be propped. This builds the caregiver-child relationship and promotes emotional security. All children will be fed when they show signs that they are hungry.

- Your child will be fed breast milk or formula in the first 4-6 months.

Solid Foods

- Age-appropriate solid foods will be introduced one at a time, when you let us know your child is ready.
- Signs that your child is ready include:
 - Opens mouth for the spoon
 - Sits with support
 - Has good head and neck control
 - Shows interest in the foods you eat

PHYSICAL HEALTH

Safe Sleep

- Your child will be placed on their back to sleep.
- Keep in mind your child may start rolling over at this time. Once your child can roll over consistently – usually around 4 to 7 months – they may choose not to stay on their backs. Your child's caregiver will place your child on their back to sleep for naptime.

Immunizations

- If your child is behind on vaccinations, your health care provider will work with you to catch up.

Environment

- Colorful toys, brightly colored books, and floor gyms will be used to engage your child in active play.
- Every interaction with your child's environment and his/her caregivers makes new connections in his/her brain.

- Daily routines will be set up that meet your child's needs.

DEVELOPMENT

A child's body develops from head to feet and from the center of their body to their extremities.

- At 4 months, your child will typically hold his/her head up and raise their body on his/her hands while lying on their stomach.
- Your child will explore toys with their mouths. As your child abandons a toy, their caregiver will pick up the toy for cleaning and sanitizing.
- Your child will soon start babbling, smiling and laughing. Your child's caregiver will reinforce these and other emerging communication skills.

Relationships

- Your child may show a clear preference for parents and their caregivers.
- Caregivers will be friendly and responsive to your child's cues.
- Caregivers will be reading books, singing songs, and rocking your child.

GETTING SICK

It happens to everyone. Catching a cold is an easy thing to do, even for a tiny person.

- To help protect your child from illness, your child's caregiver will:
 - Wash hands – their's and your child's
 - Keep the children's toys clean – especially pacifiers

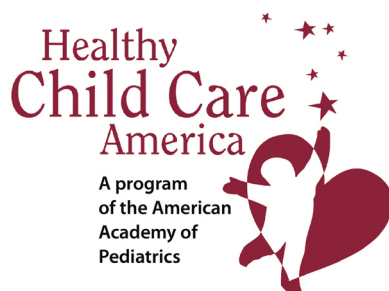


Healthy Active Living at Home

- Breast milk or iron-fortified formula is all your baby needs to eat in the first 4–6 months.
- Signs that your baby may be ready to start eating baby foods include:
 - Opens mouth for the spoon
 - Is able to sit up with support
 - Has good head and neck control
 - Seems interested in the foods you eat
- Avoid feeding your baby too much by watching for signs of fullness, which can include leaning back and/or turning away from the breast, bottle, or spoon.
- Infants should be done with their bedtime and naptime bottles before going to bed.
- Don't assume your baby is hungry every time she cries. She may just need comfort.
- Encourage more "active" play as your baby learns to roll and scoot.
 - Offer baby-safe mirrors, floor gyms, and colorful toys to hold.
 - Let your baby spend plenty of time on his tummy when he is awake and can be watched.
 - Once she can sit, play "peek a boo" to encourage her to build her muscles to be able to sit longer.
 - Play music and encourage your baby to scoot and move to the music with you.
- Babies love "floor time" where they can reach, roll, and crawl, so try not to leave your child in an infant seat, crib or playpen for more than 15 minutes at a time except for intended uses such as travel and sleeping.

Questions to Ask Your Child's Pediatrician

- "Is my baby ready to start solid foods? What should I start with? How much and how often?"
- "Do you have information about programs like WIC that can help me get food/formula?"
- "How do I know if my baby is developing normally?"



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