

Baby and You

A newsletter for parents of four month-old babies



Baby Shots

Your baby needs the following shots at the four month visit:

- DTaP
- Polio
- HIB
- Hepatitis B
- Pneumococcal
- Rotavirus

Making sure your baby receives shots protects her from getting diseases that can cause serious illness. Ask your doctor or health department for more information on these shots.

Call your doctor or the health department (1-800-432-4121 or 547-0295) to make an appointment for your baby's four month shots.

Health Department of Northwest Michigan
Recommended childhood immunization schedule

Age	Birth	1 month	2 months	4 months
Vaccine				
Hepatitis B	Hep B	Hep B		
Rotavirus			Rota	Rota
Diphtheria, Tetanus, Pertussis			DTaP	DTaP
H. Influenzae type B (HIB)			HIB	HIB
Pneumococcal			PCV	PCV
Polio			IPV	IPV
Rotavirus			Rot	

Your baby is starting to tell people apart, so introduce her to new people gradually. She is fascinated by his or her hands now. Babies at 4 months old are interested in the people and the things around them, and enjoy hugs, kisses, songs, and smiles from family members. Celebrate this time with your baby by cuddling, rocking, and singing.

Your Baby at 4 Months...

Your baby can:

- Hold head up when on tummy and roll from stomach or side to back
- Reach for objects and play with hands
- Coo, grin and squeal
May like to play peek-a-boo
- Enjoy looking at and being near special people

Your baby needs:

- ...time on tummy on flat surface with favorite toys around but slightly out of reach to encourage movement when awake
- ...bright objects placed within reach
- ...someone to smile, laugh and talk back to her
- ...loving play from parents and family
- ...parents to spend time on the floor with him/her



Safety Needs:

- remove crib toys that fit across the crib
- hold baby when feeding bottle to help prevent ear infections
- safe place for parents to put your baby if care becomes stressful; shaking can harm your baby

Dental Needs:

- wipe your baby's teeth and gums with a damp washcloth to remove plaque
- begin brushing as soon as you see your baby's first tooth!
- keep your baby's teeth healthy by not giving her a bottle in bed
- parents with tooth decay need treatment

This newsletter is provided by Great Start, Health Department of Northwest Michigan, and the Charlevoix-Emmet Intermediate School District.

The Road to Reading...

4 months

*Talk * Read *Explore

You can:

- * **Read** with your baby in your lap. Be brief, but read often. Reading lets your baby hear your voice and the sounds the words make.
- * **Listen** when your baby "talks." This will encourage your baby to keep "talking" with sounds and gestures.
- * **Say** rhymes when you play with your baby. Repeating rhymes helps your baby learn sounds that will help with reading later on.

Book Corner: Continue using books with simple, large pictures of people or familiar objects. Stiff cardboard books or "chunky" books are also fun. Soft vinyl books can go in the bath with your baby or get washed.



Babies all develop at different rates. There are many resources to help you as a parent of a 4 month-old:

Books with parenting information are available at your local library.

Great Start provides parents with information, resources, and activities to support the healthy growth of young children. This newsletter, playgroups, a home visit from a registered nurse, child development guides, and family events at local schools are some of the opportunities available. You need to register to take advantage of these free services.

Call **1-877-866-3714** twenty four hours a day to receive access to the Great Start event line.

Need health insurance for your children ages 0-19 years? **Healthy Kids Medicaid** or **MIChild** is available. Call 547-0295 or 1-800-432-4121 for more information.

WIC (Women, Infants, and Children) provides formula, juice and cereal for babies! Milk, eggs, cheese, cereal, juice and peanut butter are also available for children 1-5 years, pregnant, and postpartum women. A family of four who earns less than \$3,554 per month may qualify. Call **1-800-432-4121** for more information.

For helpful tips and health information, please visit the following websites:

www.aap.org
www.1800earlyon.org
www.mywebmd.com

For baby information and products:
www.babycentral.com

For smoking cessation help:
www.michigan.gov/tobacco
www.quitnet.com

For dental information and resources:
www.ada.org

For information and resources for children and families:

www.bridges4kids.org
www.marchofdimes.org
www.kidshealth.org

For breast feeding help:

www.llusa.org
www.wichealth.org

Parent to Parent...

Help us go green! Please email us at Great-Start@nwhealth.org so you can start receiving our newsletters by email. Please include your child's full name in the email. This will help us save paper and postage. The email address you provide will not be given to any other agency; it is for our use only.

