

My Baby

at 3 months



Baby Shots

Next month I will need:

- DTaP
- Polio
- Hib
- Hepatitis B
- Pneumococcal
- Rotavirus - oral



Do I have an appointment for my shots next month?
They help protect me from diseases that can cause serious illness.

- ✓ Call my health care provider or health department (1-800-432-4121) to make an appointment for my four month shots.

Don't forget . . . I can

- Stay awake longer during the day and sleep longer periods at night.

Show me love by . . .

- Holding me and letting me see your face.
- Encourage my laughs, coos, and squeals. I'm learning to talk to you!
- Holding, cuddling, and massaging me.
- Providing me with age-appropriate toys to keep me stimulated and safe.

You can keep my skin clear by . . .

- Giving me 2-3 baths per week.
- Changing my diaper when it's wet, but at night, let me sleep unless it's really dirty.

By the 3rd month,...

- ♥ Your baby is starting to initiate smiling at you.
- ♥ Your baby knows your face and is starting to turn toward the sound of your voice.

Watch me grow! I am . . .

- Still growing fast, but starting to slow down just a bit.
- Growing about 1/2 to 1 inch per month.

What I need . . .

- I still need to eat 5-6 ounces at each feeding, for about 23-35 ounces per day.
- I need to wait to eat cereal and other solid foods until I am 6 months old.
- I still need to be fed when I wake at night.
- I need to suck on my hand or fist. It helps to soothe me and can help quiet me.

Keep me safe ...

- I need to be in a rear-facing car seat until I am one year old (preferably 2) and at least 20 lbs.
- Put me to sleep on my back and in my crib.
- Give me clean air to breath and encourage smokers to quit or go outside.

Help take care of my oral health by...

- Holding me during feedings.
- Wiping out my mouth with a soft cloth after feeding.
- Looking for my first tooth and starting to brush it as soon as you see it.

Exploring my world . . . I can

- Hold my head up when placed on my stomach.
- Follow bright objects.
- Recognize parent/caregiver's face and voice.
- Smile and coo.
- Turn my head toward sounds.
- Briefly calm myself by sucking on my hand.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Smile at you
- ✓ Look at my hands
- ✓ Bring my hands together
- ✓ Laugh/squeal
- ✓ Sit with my head steady
- ✓ Put weight on my legs



The Path to Reading...

3 months

It's never too early to start making books and language an important part of your child's life. The small steps you take now will put your child on the road to reading success!

You can:

- ★ **Talk** during bath time, playtime, diaper changing time, anytime! Babies learn to talk when you talk to them.
- ★ **Sing** during quiet time and rest time. Babies love to hear the rhythm of your voice and it helps to calm them.

Book Corner: Babies like books with simple, large pictures or designs with bright colors. Black, white, and red colors are easy for baby to see at this young age.

Check out these websites and apps for FREE info!



WIC Website for Feeding Information
www.michigan.gov



March of Dimes website for baby care videos, and lots of general health information for you and your baby:
www.marchofdimes.org



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



WebMD Baby App:
<http://www.webmd.com/webmdbabyapp>



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