Growing Up Healthy

3-4 months

Dental

- If bottle feeding, no bottle in bed.
- Rock baby to sleep or give a clean pacifier at nap or bedtime.
- Wipe baby's gums gently with a soft, clean, wet cloth every day.
- Only give a clean pacifier. If it falls out- wash it. Don't blow on, lick, or put it in your own mouth to "clean."
- The germs that cause cavities can be spread from your mouth to your baby's. Don't share anything that has been in your mouth with your baby.
- Do not dip pacifier in honey or anything sweet. Honey can make baby very sick.

Don't put pacifier in your own mouth to "clean."

Parents: Stop the spread of cavity germs - take care of your own teeth:

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouthwashes to prevent cavities in your mouth.

Nutrition

Breastfeeding is best.

- **Moms:** Eat healthy and drink lots of water.
- Nurse often, 8-12 times in 24 hours.
- The more you nurse, the more milk you will make.
- Ask your doctor about Vitamin D for baby.
- Pump and freeze milk for later use.

If formula feeding, give formula with iron

- Always hold baby close while feeding.
- Do not prop the bottle.
- Feed baby about 3-4 ounces of formula every 3-5 hours – watch for baby's cues.
- It is OK if baby does not finish bottle.

Seek help early for any feeding problems.

- Feed baby more as baby grows.
- Breast milk and formula are the only food baby needs – Wait until six months to feed solid foods.
- Learn baby cues when hungry or full.
  - Hungry: Fusses or cries
  - Full: Turns head away, closes mouth, or relaxes hands.
- Put only breast milk or formula in bottle.

Today's Date: _____

Name: _____

Age: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675
Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663

CaCOMH California Office of Multicultural Health

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Health

Keeping Baby Healthy

- Take baby for regular health checkups and immunizations (shots).
- Talk to doctor before giving baby medicines or home remedies.
- Keep baby's hair, body, clothes, and bedding clean and dry.
- Keep baby away from loud noises and music to protect hearing.
- Keep baby away from tobacco smoke and products.
- Keep baby away from crowds and sick people.
- Wash your hands with soap and water after changing diapers.

Injury Prevention

- Never leave baby alone on a bed or changing table.
- Never leave baby alone or with a stranger or a pet.
- Never shake, toss, or swing baby in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Use childproof safety latches, locks on cabinets.
- Keep medicines, cleaning supplies, plants out of the reach of children.
- Baby can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons away from baby.
- Keep baby away from crowds and sick people.

What to Expect

All babies are different.

They develop at their own rates. Baby may not always grow or act exactly like other babies. Get to know what makes your baby special.

Baby may:

- Lift head when on stomach
- Smile, laugh, coo, and babble
- Sit with support
- Play with hands
- Turn body from side to side
- Splash in the tub
- Bring objects to mouth
- Kick feet while lying on back.

Tips and Activities

- Play games like peek-a-boo with baby.
- Cuddle, talk, sing, read, play soft music and play gently with baby.
- Give baby bright colored, soft toys.
- Take baby outdoors to see things.
- Protect baby from sun with hat or shade covering. No sunscreen until 6 months.
- Under adult supervision, place baby on stomach to build head control.
- Remember to tell baby, "I love you!"

Safety

Sleep Safety

- Always place baby on back to sleep on a firm mattress with fitted sheet.
- No pillows, soft bedding, or toys in crib.
- Don't overdress baby.
- Use a crib without lead-based paint, with bars no more than 23/8 inches apart.
- Keep crib away from windows, drapes, cords, and blinds.

Bath Safety

- Set water heater to less than 120°F.
- Check water before putting baby in bath.
- Never leave baby alone in bath.

Car Safety

- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat, properly buckled in; never in front of an airbag.

Safety Tips for Parents:

- Be prepared, plan for emergencies
- Learn infant CPR.
- Install smoke and carbon monoxide alarms in hallway and near bedrooms.
- Check alarms every 6 months.

Resources for Parents:

If you feel overwhelmed, sad or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)