



*age 4 through 5 months*

# Your Growing Child

*A Family Brochure*

Babies grow, change and learn differently. Here are some tips to help you enjoy and keep your new baby healthy and safe.

Call your clinic, public health nurse or school district if you have questions or concerns about your baby.

## *Health*

Appetite will vary depending on growth and activity. At this age babies:

- Need a Child and Teen Checkups health check at 4 months. Regular health checks are important.
- May nurse 5-7 times or take 20-32 ounces of formula a day (still the main food source).
- May start solids between 4-6 months. Talk to your clinic before you start. There is no rush to begin.
- May sleep 8-12 hours at night and nap 2-3 times a day.
- Can learn to fall asleep on their own. Put babies in their crib while still awake but sleepy.



Put babies to sleep on their backs, with crib rails up. Babies should not sleep on extra soft surfaces (waterbed, sofa or pillow).



## *Learning*

Babies at this age usually:

- Laugh out loud, yell and repeat sounds. They learn when you sing, talk, touch and play with them. Try colorful toys.
- Start sitting with support and rolling from side to side.
- Like to play on a blanket on the floor. They will push up their chest with their arms.
- Grasp all nearby objects, including earrings and hair!

Remember that all behavior has meaning. Asking yourself, “What is my baby trying to tell me?” will help you decide how to respond in sensitive ways.

# Safety

- **ALWAYS** use an approved car seat, properly secured in the back seat.
- Keep your hot water temperature below 120° F. Before bathing your baby, check the water temperature with your wrist.
- Don't let **anyone** smoke around your baby.
- Never tie a pacifier around your baby's neck or to his clothing.
- Babies can drown in a small amount of water. Never leave your baby alone in a bathtub.
- Keep cribs away from windows, cords and drapes.
- Don't let your baby fall. Keep one hand on your baby when on a high surface (changing table, sofa or counter).
- Don't drink, eat, or hold anything hot while holding your baby.
- Always hold your baby to feed him. Don't prop the bottle.
- Never warm your baby's bottle in the microwave.
- Keep plastic bags, balloons, safety pins and small objects away from your baby.
- Use smoke detectors and check them twice per year (such as at daylight-savings time).
- Don't use infant walkers. Use a bouncy chair or swing instead.
- Child proof your home!

Attention. If you want free help translating this information, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاسأل مساعدك في مكتب الخدمة الاجتماعية أو اتصل على الرقم 1-800-358-0377

កំណត់សំគាល់ បើអ្នកមិនបានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿងរបស់អ្នក ឬ ទូរស័ព្ទទៅលេខ 1-888-468-3787 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, nug koj tus neeg lis dej num (worker) lossis hu 1-888-486-8377.

ໂປຼດຊາບ. ຖ້າທ່ານກຳລັງຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງຖາມນຳພັນກຳລັງຊ່ວຍວຽກຂອງທ່ານຫຼືໂທໂທຕາມເລກໂທ 1-888-487-8251.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, hojjataa kee gaafaddhu ykn lakkoofsa kana bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, обратитесь к своему социальному работнику или позвоните по следующему телефону: 1-888-562-5877.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, weydii hawl-wadeenkaaga ama wac lambarkan 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para traducir esta información, consulte a su trabajador o llame al 1-888-428-3438.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi nhân-viên xã-hội của quý vị hoặc gọi số 1-888-554-8759.

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This information is available in alternative formats to individuals with disabilities by calling 651-431-2486 or 800-657-3739. TTY users can call through Minnesota Relay at 800-627-3529. For Speech-to-Speech, call 877-627-3848. For additional assistance with legal rights and protections for equal access to human services programs, contact your agency's ADA coordinator.

**Minnesota Poison Information**  
**1-800-222-1222**  
**Minnesota Immunization Hotline**  
**1-800-657-3970**

