



# Your Security Blanket

A monthly newsletter for parents of newborns

Fourth Month

## The Fourth Month

*Your baby is so much more aware now, and so responsive. The fourth month is full of joys for you.*

## Baby's Development - A Message from Baby



Look at me grow! I hold my head and back pretty straight; I reach for my toes. I make ooh, ah sounds and, have you noticed, I cry less. I follow objects with my eyes and love being with the family. If you talk, sing and play with me, I will coo, smile and squeal with excitement. Do you know what I'd like for you to do? Let me sit where I can watch you. I could try to grab at some safe toys, too.

## Baby's Food



If your baby is ready for solid food, offer baby cereal first. Feed her with a small spoon, even though she may continue to push food back out. Using a bottle feeder may cause overfeeding.

You should wait about a month, and then offer her vegetables and fruit juice. Then, in another month, she's ready to add fruit, and after still another month, she'll be ready to add meat.

For feeding baby solid foods, a good rule to follow is: "A smile with every spoonful." Baby will soon learn to associate pleasant times with eating and may become more cooperative.

## Baby's Health

This is the time for four-month immunizations. She will need DTaP (Diphtheria, tetanus, and acellular pertussis), Hib (Haemophilus influenza type B) and IPV (Inactivated poliovirus vaccine). There are possible side effects with some vaccinations. Check with your doctor or health department.

## Parent - Baby Games

Show your baby her image in the mirror. She will smile at her reflection, and when the image smiles back, she may laugh and coo. Say things to your baby such as "See the baby?" She will soon begin to realize that it is her image in the mirror and that she is the baby. She will love to bounce on your knee.

## Baby's Temperament

A baby needs to learn that she will not be picked up every time she frets. Still, you need to check on her every time she cries. A baby who knows someone will be there when she needs them will grow into a secure child.

Some babies will be "difficult" by nature. The difficult baby may cry a great deal, resist being washed and adjust slowly to new situations. There is nothing wrong with this baby or her parents; it is simply her temperament. You will be able to help her learn to control her behavior.

Punishment is out of the question at four months, because it will produce only insecurity. An infant cannot understand your reprimands and often cannot control her own behavior.

Patience is a "must." It will help you and baby if you reward her smiles and laughs instead of complaining about her crying.

## Baby's Clothing

Babies grow so rapidly that it's wise to buy only a few pieces of clothes at a time. She will outgrow them quickly. Be sure the clothes feel comfortable and are safe. In a heated house or in warm weather, a baby doesn't need much more than a diaper and shirt or gown. Shoes aren't necessary until a baby is walking. Socks or booties should be big enough for the toes to wiggle in.

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It is better to buy clothes sized according to her body build (height and weight) than her age. For example, an 18-months size doesn't fit all 18 month olds. Here are some standard clothing sizes for infants.

Size	Height in inches	Weight
Newborn	Up to 25 ½	Up to 14 lbs.
Small	25 ½ to 27 ½	15 - 19 lbs.
Medium	28 to 32	20 - 26 lbs.
Large	32 ½ to 36 ½	27 - 32 lbs.

## Safety Tips

Keep tiny objects away from baby. Everything she touches goes into her mouth at this age, and tiny objects can become lodged in the throat. Never let a child play with fishing weights, batteries or even old painted toys that might contain lead. Lead is a dangerous poison.

## Choosing a Stroller

When choosing a stroller, select one with a firm backrest which is high enough to allow headroom, even when your baby is older; seat belts; brakes which can be securely locked; a latch mechanism to prevent accidental folding; and a wide enough base to prevent tipping. A garage sale is often a good place to look for baby supplies.



## Notes About Your Baby:

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*Diane D. Sasser*

Prepared by Diane D. Sasser, Ph.D., Assistant Specialist, Family Development

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Louisiana State University Agricultural Center,  
 William B. Richardson, Chancellor  
 Louisiana Cooperative Extension Service,  
 Jack L. Bagent, Vice Chancellor and Director

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