


4 Month Baby Checklist


DEVELOPMENT

Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Lift and hold their head up while on their tummy and support themselves on arms?				<ul style="list-style-type: none"> Give me many chances to play on my tummy while I'm awake, it helps me build strong arm and shoulder muscles and prevents a flat head. I learn from playing with you while on my back, my tummy and sitting. Make sure I have lots of room to kick and wiggle. Baby equipment, like swings and jumpers, should only be used for short periods. Give me small, but safe things to hold. Try again if I drop them. Copy my laugh and the expressions on my face. I need to feel secure. You won't spoil me by holding me.
Have many chances to move and play with you every day?				
Hold an object briefly when placed in their hand?				
Laugh and smile with you?				

NUTRITION

Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Breastfeed or get any breast milk?				<ul style="list-style-type: none"> Breast milk is best for me until I am 2 years or older. If you feed me formula, give me iron-fortified formula. Hold me and look at me when I'm feeding. Feed me according to my hunger and fullness cues. I am not ready for solids until I am 6 months old. Giving me solids too early can increase my risk of choking, infections and obesity. Breastfed babies, and babies who drink less than 1000 mL of formula a day, need a vitamin D supplement of 400 IU each day. 
If formula-fed, get iron-fortified formula?				
Have breast milk or formula only (no solids)?				
Get a Vitamin D supplement?				

VISION & HEARING

Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Make babbling sounds when they are on their own or when playing with you?				<ul style="list-style-type: none"> Talk to me while we are walking, dressing, feeding and bathing. Look and talk about colourful picture books with me every day Sing songs and nursery rhymes to me. Place reach-and-touch toys within your baby's focus, about 18-45cm (7 -18 inches) away. Let me explore different shapes and textures with my hands. No TV, DVD, video, computer time or other screen time before 24 months of age. Good hearing is important so I can learn right from birth. Hearing can be tested at any age. 
Hold direct eye contact with you?				
Reach for objects?				
Bring their hands together?				
Need newborn hearing screening or any follow up testing?				

OVER



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HEALTHY SMILES

Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Live with anyone who has cavities?				<ul style="list-style-type: none"> I can get cavity-causing germs from other people's mouths. Avoid putting any things in my mouth that have been in your mouth such as a toothbrush or soother. Keep your mouth clean and healthy, too. When my first tooth appears brush it twice a day with fluoride toothpaste, the size of a grain of rice.
Have their mouth cleaned every day?				



BEHAVIOUR

Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Have any behaviours that you find hard to manage?				<ul style="list-style-type: none"> I may cry a lot right now. Never shake me. It is normal for me to wake up every few hours at night.

LIFESTYLE

Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Live with or spend time with anyone who smokes?				<ul style="list-style-type: none"> Keep me smoke-free. I don't want to get pneumonia, bronchitis, colds, ear infections, sore throats, or worsening asthma.
Live with or spend time with anyone who vapes?				<ul style="list-style-type: none"> Keep me away from the e-juice. It can smell great like blueberries or bubble gum, but can contain enough nicotine to poison me or my pet. Prevent burning me. E-cigarettes look cool but they burn hot. Keep the vapour away from me. It has chemicals that aren't good for me like formaldehyde, heavy metals as well as nicotine which is bad for my brain.

SAFETY

Is your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Placed securely in a rear-facing car seat?				<ul style="list-style-type: none"> Keep me in a rear-facing car seat for every trip until I am at least 1 year old and weigh 20 pounds (9 kg). The middle seat in the back is safest for me. I may start to roll, so don't leave me alone where I can fall or get stuck. I should sleep in my own bed in your room for the first 6 months of life.
In a safe place if you leave the room?				
Put to sleep on their back?				



If you have questions or would like more information, contact your Public Health Unit or call 8-1-1 to speak with a nurse, dietitian or pharmacist. Information is also available in your Baby's Best Chance book, or online at <https://www.healthyfamiliesbc.ca/parenting/>, <http://www.healthlinkbc.ca/> or www.healthlinkbc.ca/babys-best-chance