

## Your Growing Child



In the next two months you will notice that your baby may do some of the following:

- use hands and forearms to lift head and chest while lying on his stomach
- roll from side to side, then from front to back
- grasp a rattle
- start getting teeth
- look at his hands and play with his fingers
- enjoy playing with and responding to familiar faces.

## Your Child's Health Care



### Immunizations (Shots)

It's time to continue your baby's immunizations. At 4 months baby needs:

- DTaP
- Polio
- HIB
- Pneumococcal
- Rotavirus

Call Public Health if you have any concerns about paying for shots.

### Well-Child Check-ups

Remember to call and schedule your baby's 4 month health check-up. You'll be amazed how much your baby has grown!

Talk to your health care provider about giving your baby **non-aspirin** medication following shots if your baby is uncomfortable.

**Never give a child aspirin!**

### \*\*ACTIVITY TIPS\*\*

- ❖ Show baby his/her reflection in a mirror.
- ❖ Give baby a short handled spoon to grasp and chew on. It is easy to hold and feels good in the mouth.
- ❖ Offer rattles for baby to grasp.
- ❖ Babies love rhyming games. Play with baby as you recite one from your childhood, or try this one....Lay baby on her back, facing you. Then say the following rhyme and perform the actions as you recite the words:

*I squeeze (baby's name) fingers,  
I wiggle (baby's name) toes,  
I give (baby's name) a great big hug,  
And kiss your little nose.*

## Common Health Concerns



### EAR INFECTIONS

Babies may get ear infections. Be especially watchful if baby has or recently had a cold. Signs of ear infection may include:

- ✚ unusual fussiness or irritability
- ✚ waking up crying
- ✚ may have a high fever.

Call your health care provider if your baby has these signs. If your baby has an ear infection, your doctor may recommend a prescription for medicine to be taken for 10 days to 2 weeks. Make sure you always give medication for the entire time.

### TEETHING

Babies usually start to teethe between 6-10 months of age. Signs of teething include:

- ✚ tugging or rubbing at ear
- ✚ drooling
- ✚ fussiness and irritability
- ✚ sleeplessness
- ✚ poor appetite
- ✚ chewing and biting hands and toys.

To make baby more comfortable:

- ✚ gently rub his gums with your clean finger
- ✚ offer a clean, cool rubber teething ring or clean, cool washcloth to chew on – or a clean finger
- ✚ give non-aspirin medication.

***We hope you have found Health Tracks helpful.***

***If you are a first time family, your home visitor will soon contact you to arrange your five month Caring Connections home visit. This is a good time to discuss any questions you have about your baby's development or parenting, and get continued support during this time of continued change.***

***We will be writing you again before your baby is eight months old. Hug your baby and enjoy this precious time!***

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