

Dental

Good habits start early

- If bottle feeding, no bottle in bed. Rock or sing, give a clean pacifier, or use other ways to soothe baby to sleep.
- If baby uses a pacifier:
 - Don't dip it in anything sweet.
 - Only give a clean pacifier. If it falls out, wash it; do not "clean" it with your own mouth.
 - Keep extras on hand.
- Do not prop a bottle-it can lead to cavities.
- Wipe baby's gums gently with a soft, clean, wet washcloth every day.
- Germs that cause cavities can be spread from your saliva to baby's mouth. Don't spread cavity germs by sharing anything that has been in your mouth with baby.



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

Parents: Take care of your own teeth.

- ✓ Brush with fluoride toothpaste every morning and night.
- ✓ Floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

Nutrition

Breastfeeding is best.

- Moms: Eat healthy foods and drink lots of water.
- Aim to breastfeed 8-12 times in 24 hours. The more you breastfeed, 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 leave baby alone with a bottle.
- Feed baby 3-4 ounces of formula every 3-5 hours – watch for baby cues.
- It's okay if baby doesn't finish every bottle.
- No honey. It can make baby very sick.

Breastmilk or formula is the only food baby needs. Wait until baby is about 6 months old to begin solid foods.



Seek help early for any feeding problems.

- Babies cry for many reasons besides hunger.
- Learn cues for when baby is hungry or full:
 - Hunger cues: baby looks for nipple, brings hands to mouth, more active, or makes noises.
 - Crying is a late sign of hunger.
 - Full: Turns head away, closes mouth, relaxes hand or falls asleep.

Women, Infants, and Children (WIC):
Call 1-888-942-9675
Food Stamps-Supplement Nutritional
Assistance Program (SNAP): 1-877-847-3663

Growing Up Healthy: 3 to 4 Months



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To find a Medi-Cal dentist, call 1-800-322-6384 or visit www.smilecalifornia.org
- For health information about kids and teens; visit www.kidshealth.org
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 03/2021

Health

Keeping Baby Healthy

- Always put baby on clean surface.
- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers.
- Keep baby away from:
 - Loud noises and music to protect hearing.
 - Tobacco smoke and nicotine products.
 - Crowds and sick people.
- Talk to doctor before giving baby any medicines or home remedies.



Preventing Injury

- Check labels to make sure toys are lead-free.
- Never leave baby alone:
 - On a bed or changing table.
 - With a stranger or a pet.
- Never shake, toss, or swing baby in the air.
- Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby.
- Remove string from sweatshirt hood.

What to Expect

All babies are different

Babies develop at their own rates. Baby may not always grow or act exactly like other babies and may need time to warm up to people and activities. Get to know what makes your baby special. Call your doctor if there are any concerns.

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 colorful soft toys.
- Take baby outdoors.
- Protect baby with hat or shade covering. Do not put on sunscreen until baby is 6 months old.
- Under adult supervision, put baby on stomach to build head control.

Safety

Sleep Safety

- Always place baby to sleep on back, on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Do not overdress baby.
- Use a crib free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

Bath Safety

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

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag) until age 2.

Environmental Safety

- Use clean, safe drinking water for baby formula.
- Use cold tap water and run for 1-3 minutes before using.
- Test drinking water for lead, nitrates, and coliforms, if from a private well.
- If breastfeeding, avoid eating king mackerel, shark, swordfish, and tilefish because they contain high levels of mercury. Eat up to 2 meals a week of fish and shellfish that are low in mercury, but limit albacore "white" tuna to 1 meal per week. Check local fish advisories about the safety of fish caught by family and friends.

Prepare for Emergencies

- Be prepared. Plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms. Check alarms every 6 months.