

Three-Four Months



Oshkosh - 920-233-6630
Appleton - 920-831-1132
Menasha - 920-739-4226

TOUCHING..

...CRYING

SEEING....

...FEVER



DEVELOPMENTS:

This month the baby may...

- Roll to side or all the way from stomach to back.
- Look at and play with own hands.
- Recognize specific people and remain alert for up to an hour at a time.
- Have hand-eye coordination to put objects straight into his mouth for a "taste test."
- Splash in the bath.
- Favor one object or toy.
- Enjoy feeding time as a time for social activity and enjoyment.
- Begin to laugh, giggle, babble and practice sounds.
- Turn head to locate a sound or watch moving adults.
- Know his mother and discriminate among faces.

ENCOURAGING ACTIVITIES:

- Listen when your baby "talks" to you and respond by imitating his sounds. Baby will respond by "talking" even more.
- Baby gets very excited when playing with others and anticipates these times.
- Play with and handle baby as much as possible. Everyone will enjoy it.
- Shake a small rattle or ring a quiet bell behind baby's head. He will gradually look for the sound. Then give the toy to baby so he can grasp and produce his own noise.
- Move an unbreakable mirror from one side to another. Watch baby watch himself, you and your reflection.
- If baby is able to support his head well, place him in a wind-up swing to watch his surroundings.

BABY HINTS:

- Do not forget your baby's vaccination for DTaP, Polio, Hib and Hepatitis B, and Prevnar at four months.
- Be certain that any toy you give your baby is too large to swallow and too tough to break. Remember to keep pins and other sharp objects out of babies reach.
- Fill an empty dishwashing liquid bottle with baby shampoo and dilute with water. The pull-up top is less messy and more economical to use than a wide-mouth shampoo bottle.
- Go easy on the soap, it depletes natural skin oils.

I AM THREE-FOUR MONTHS OLD

Dear Mom and Dad,

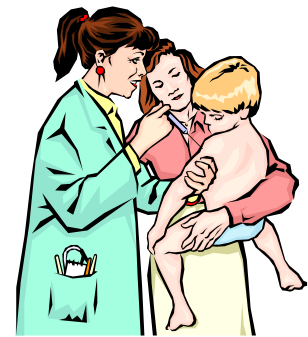
At this age I grab at your glasses or hair. I have learned how much fun it is to grab onto things with my hands. Be patient with me because I am getting older and am learning and trying new things. Take care of your health needs as well as mine.

IMMUNIZATION:

I should be getting my 2nd DTaP, Polio, HIB, Hepatitis B, and Prevnar shot in my thigh. Please contact my doctor or clinic before giving me fever-reducing medicine like Tylenol, Tempra, Panadol, or Liquiprin.

Call the clinic if:

- ❖ I am crying and irritable for more than 24 hours after the shot.
- ❖ I have a fever higher than 101 degrees by rectum.
- ❖ I have diarrhea or vomiting for longer than 24 hours after the shot.



SEEING:

Since I see better, you will catch me reaching out to grab things like your glasses, hair or toys.

TALKING:

I laugh out loud now when you tickle me. I also giggle, blow bubbles, and I love to listen to myself make silly sounds.

PLAYING:

I can grab for toys now and wave them around. I have also discovered that I can roll over from my tummy to my back. I love to play with my hands and will soon be playing with my feet. I like to look at myself in the mirror.

SLEEPING:

I may sleep about 10 hours through the night and I may continue to take 2-3 naps during the day.

SAFETY:

Since I grab at things and pull them into my mouth, make certain they are safe. Keep little things like buttons and coins out of my reach. Always check my bath water with your elbow to make sure the water temperature is safe before you place me in it. Always use my car seat when I am going for a drive in a car.

SOLID FOODS

Milk in the form of breast milk or infant formula is a complete food for your baby until about five or six months of age. At that age, baby's teeth start coming through and the iron supply they were born with will start diminishing. This is usually the time to start introducing solid foods. Some babies are very eager, while others are not ready and will refuse it. Let your baby be your guide. If he is not interested, continue offering it occasionally.

Your baby's doctor will be giving you instructions about how to introduce solid foods. It is important to add foods one at a time. In this way, you will be able to test for allergic reactions your baby may have. If your baby would develop a rash, wheezing, a change in bowel pattern or vomiting, check with the baby's doctor before introducing the food again.

Solid foods should be introduced in small amounts. Start with only a few teaspoons of food in a dish. The first few times baby may seem to wear more food than he actually eats. This is a learning time for your baby. Whatever food is not finished at that feeding should be discarded.

You may choose to use commercially prepared strained baby food or you may decide to make your own.

If using already prepared baby food in the jars, read the labels. Stay with the basic fruits, vegetables, and strained meats. Avoid combination meals, baby desserts, and jars that list sugar and modified starches as major ingredients. It is not recommended to use the jars as a serving dish. It is best to take the portion to be served out and immediately refrigerate the remaining amount. The unused portion can be stored in the refrigerator for two to three days.

Baby food that you prepare at home is easily made with the use of a blender or a baby food grinder. It is important to remember that when you make your own baby's food that proper food handling is important.

1. **Wash your hands.**
2. **Use clean utensils.**
3. **Prepare food immediately after taking it out of the refrigerator.**
4. **Freeze immediately after cooking any leftovers you plan to serve or any large amounts you prepared for use later.**
5. **Avoid using salt, sugar, or seasonings.**



At times, you may choose to make a larger amount of food rather than just one meal's serving. Freezing will give you the benefit of variety and convenience. Prepared pureed food can be stored in small, plastic containers in the freezer, or can be frozen in plastic ice cube trays. If using the ice cube trays, freeze foods quickly, then pop cube out of tray and put in freezer bags. Label and date. These servings can be stored for up to two months.

Nutrition in Your Child's First Year

Sample Daily Intake						
Months	Formula (ounces)	Cereal (Tbsp)	Vegetables (Tbsp)	Fruits (Tbsp)	Fruit Juices (ounces)	Meat (Tbsp)
Under 1	20-24					
1-2	24-28					
2-3	28-30					
3-4	30-33					
4-5	32-34	1-2				
5-6	32-34	2-3	1-3			
6-7	30-32	3-5	3-4	1-3	2-4	
7-8	28-30	6-8	4-6	4-6	4	1-2
8-10	26-28	8-12	6-10	6-10	4	1-3
10-12	20-24	8-12	6-12	6-12	4-6	3-4

Tips For Feeding Your Baby

6-8 months

- Add strained fruits/vegetables at first.
- Later add mashed or finely chopped fruits/vegetables.
- Feed only one new fruit or vegetable a week.
- Take amount out of jar as needed. Refrigerate remaining food.
- Offer fruit juice in a cup.

8-12 months

- Add strained or finely chopped peaches.
- Feed only one new meat a week.
- Encourage finger feeding.
- Babies are messy when they learn.
- Check heated food before serving.
- Check with your doctor to offer whole milk.
- Some babies are sensitive to egg whites. Egg yolks are generally okay.
- No honey—risk of botulism.

NEW Juice Guidelines

You may think you're giving baby important vitamins and nutrients by feeding him fruit juice, but in fact, too much juice can cause malnutrition, diarrhea, stomach problems, and tooth decay, according to the American Academy of Pediatrics (AAP). Juice offers no nutritional benefit for infants younger than 6 months, says the AAP's new guidelines. In fact, if infants drink juice, they can fill up on it, leaving less room for breast milk or formula—which means baby won't get the protein, fat, vitamins, and minerals he needs.

Here are the AAP's recent recommendations:

- No juice for babies younger than 6 months.
- Limit juice to less than 6 ounces a day for children older than 6 months.
- Give juice as a part of a meal or snack rather than as a means to pacify baby.
- Don't give juice in bottles or transportable covered cups that allow children to drink easily throughout they day.
- Don't allow juice at bedtime.

AMERICANBABY.COM-SEPTEMBER 2001



Where Did it Go? Finding a Partially Hidden Object!

I am learning that if I see only part of an object, the whole object still exists even though I cannot see it. When I figure this out, I'll purposefully uncover a partially covered toy or object if I want it. If the object is completely covered up, I'll probably forget that it still exists and not bother removing the cover.

HELP ACTIVITIES:

1. Play a "Hide and Seek" game. Hide half of a toy or other interesting object while I am watching you, and see if I'll uncover it!
 - a. Begin with objects which have a uniform shape so that the half covered looks just like the half showing, e.g., a ball, a cup, a cookie. Gradually change to hiding non-symmetrical objects such as a toy car, doll or stuffed animal. Always use objects which are attractive and familiar to me.
 - b. Be sure that the covers you use are boring. If they are more attractive than the object, I will probably be more interested in playing with the cover than finding the hidden object. Sometimes it's helpful to let me play with the cover before you use it to hide something.
 - c. Start with covers which are somewhat flexible, and then gradually move to solid covers, e.g., first try using a nylon net from a produce bag, then a chiffon scarf, and finally a solid thick cloth such as a washcloth or diaper.
 - d. Use naturally occurring events and daily activities to encourage me to find a partially hidden object. If you set up situations which are not in sync with my mood, activity, and interests, I will be less likely to cooperate and learn.
2. Encourage me to find the things I drop if they fall nearby but are partially out of sight, e.g., a rattle that dropped in the fold of my pants; my bottle that rolled partly under a blanket. Give me time to find it rather than automatically getting it for me. If I don't search for it or cannot find it, help me by pointing to it, tapping it and naming it.



The printing of this curriculum is courtesy of Affinity Health System

Establishing Nurturing Routines

What is a Routine?

A routine is a consistent way of doing things. Routines are usually established by parents to manage their own behavior, and the behavior of their children. Some family routines may be cleaning the home on Saturday mornings, doing laundry on Wednesday evenings, saying grace at the dinner table, etc.

What is a Nurturing Routine?

A nurturing routine is a consistent way of doing things that promotes a child's self-concept and self-esteem. Nurturing routines are established by parents to reinforce the positive overall growth of their children. Nurturing routines tell kids that the way to do things in our family helps everyone feel good about themselves. And feeling good about yourself is very important for acting appropriate and doing good things.

Important Ingredients in Nurturing Routines

Nurturing routines consist of:

- Gentle, positive touch: hugs, kisses, tickles, massages.
- Praise for being and doing: mommy really loves you (being); what a good listener (doing).
- Happy, pleasant expressions and tone of voice: smiles; light cheerful voice.
- Caring, empathic, caregivers: being aware of the needs of children.
- Fun: games, finger plays, songs, dance.
- Consistency: being predictable.

Types of Nurturing Routines

Nurturing routines can best be established in the following areas of parent-child interactions:

- Diapering and Dressing Times
- Feeding Times
- Bath Time
- Bed Time



Establishing Nurturing Routines (cont.)

When is it Best to Begin Nurturing Routines?

Parents should begin to establish nurturing routines the moment they bring their baby home. Starting early is the best way to establish consistent, caring and loving parent-child interactions.

Nurturing Routines Help Establish Consistency

Children feel secure when they know what to expect. The security they feel allows them to learn to trust people important to them, like their mother and father. From trusting parents comes the natural response of being able to trust others.

Nurturing Routines Help Establish Empathy

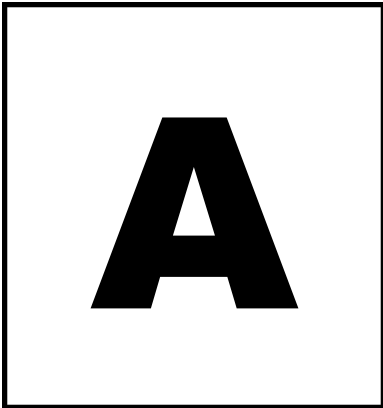
Doing something consistently, and doing it with concern for a child's self-concept and self-esteem helps the child develop a sense of trust. Children learn that adults are people who care for them and help them get their needs met. This feeling of trust leads to feelings of caring for others as the child continues to mature. Empathy, the awareness of the needs of others, is a primary and necessary characteristic of nurturing parents and children.



Nurturing Routines Help Establish a Positive Self-Esteem and Positive Self-Concept

Positive feelings towards oneself and positive thoughts about oneself are two important personality traits which emerge from nurturing routines. Without positive feelings and thoughts about oneself, there is little chance that the child will treat others with respect and kindness. Since he feels and thinks badly about himself, it's likely that he will feel and think badly about others. Nurturing routines help develop in the child a positive regard for self which ultimately leads to positive regard to others.

INFANT CPR

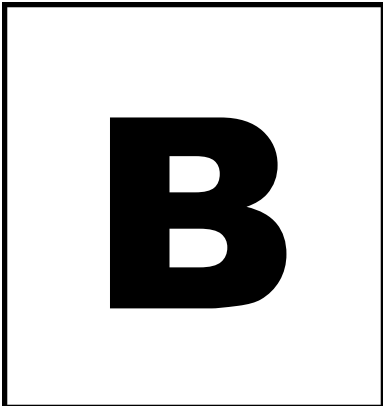


AIRWAY

Gently arouse the infant

No response:

- Yell for help
- Open airway by tilting head back/lifting chin

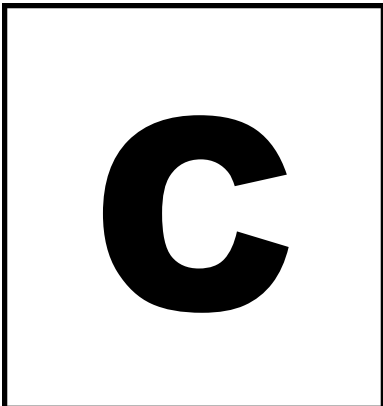


BREATHING

Look, listen and feel for air movement

No air movement:

- Give 2 slow breaths (mouth over baby's mouth and nose)
- Observe chest rise
- Call Emergency/Rescue Squad



CIRCULATION

Check pulse:

No pulse:

- Perform 20 cycles of 5 compressions and 1 breath
(2-3 fingers on sternum, 1 finger width below nipple line. Compress to 1/2" to 1 inch)
Check pulse and breathing every minute
Continue until pulse felt or help arrives

Pulse

- Give 1 slow breath every 3 seconds
- Continue until breathing begins or help arrives

RHYMES TO SING WITH YOUR CHILD

Head, Shoulders, Knees and Toes

Head and shoulders, knees and toes, knees and toes
Head and shoulders, knees and toes, knees and toes
Eyes and ears and mouth and nose
Head and shoulders, knees and toes, knees and toes

Here We Go 'Round the Mulberry Bush

Here we go 'round the mulberry bush, the mulberry bush, the mulberry bush
Here we go 'round the mulberry bush, so early in the morning

Hey Diddle Diddle

Hey diddle diddle the cat and the fiddle
The cow jumped over the moon
The little dog laughed to see such fun
And the dish ran away with the spoon



Teddy Bear

Teddy bear, teddy bear, turn around.
Teddy bear, teddy bear, touch the ground.
Teddy bear, teddy bear, turn out the light.
Teddy bear, teddy bear, say goodnight!

Hush Little Baby

Hush little baby, don't say a word, Momma's gonna buy you a mocking bird.
If that mocking bird won't sing, Momma's gonna buy you a diamond ring.
If that diamond ring turns brass, Momma's gonna buy you a looking glass.
If that looking glass gets broke, Momma's gonna buy you a billy goat.
If that billy goat won't pull, Momma's gonna buy you a cart and bull.
If that cart and bull turns over, Momma's gonna buy you a dog named Rover.
If the dog named Rover won't bark, Momma's gonna buy you a horse and cart.
If that horse and cart fall down, you'll still be the sweetest little baby in town.

If You're Happy and You Know It

If you're happy and you know it, clap your hands. (clap, clap)
If you're happy and you know it, clap your hands. (clap, clap_)
If you're happy and you know it then your face will surely show it.
If you're happy and you know it, clap your hands. (clap, clap)
Additional verses (2) stamp your feet (3) nod your head (4) pat your knees (5) wave good-bye.

I'm a Little Teapot

I'm a little teapot short and stout.
Here is my handle, here is my spout.
When I get all steamed up, hear me shout,
"Just tip me over and pour me out."



RHYMES TO SING WITH YOUR CHILD

Row, Row, Row Your Boat

Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream.



Hickory Dickory Dock

Hickory, dickory, dock!
The mouse ran up the clock.
The clock struck one.
The mouse ran down.
Hickory, dickory, dock!

Five Little Monkeys

Five little monkeys (*hold up 5 fingers*)
Jumping on the bed. (*jump fingers on palm of other hand*)
One fell off (*hold up one finger*)
And bumped his head. (*rub head*)
They ran for the doctor (*run fingers across other hand*)
And the doctor said,
"No more monkeys jumping on the bed!" (*point and shake finger*)
(*Continue with four, three, two, and one monkey*)

Two Little Blackbirds

Two little blackbirds sitting on a hill.
One named Jack and one named Jill.
Fly away Jack, fly away Jill.
Come back Jack, come back Jill.
Two little blackbirds sitting on a hill.
One named Jack and one named Jill



I Am Special (sung to the tune of "Are You Sleeping")

I am special, I am special,
Do you see, do you see?
Someone very special,
Someone very special,
That is me, that is me.

I am special, I am special,
Look and see, look and see.
Someone very special,
Someone very special,
It is me! It is me!

Activities & Games

(1, 2, and 3 months old)

Muscle Control & Body Awareness

Beach Ball Rock

Inflate a beach ball until it is almost full and then place your baby on top of it on his tummy. Hold him securely as you gently rock him back and forth, side to side, and round and round in time to your singing or a recording. Start rolling him slowly and speed up the motion, as he gets accustomed to it. He will soon begin to recognize when he should tighten his muscles in order to participate in maintaining his balance.

Inching forward

You can help give your baby the chance to feel himself push forward, even before he learns to crawl. When you see him making pushing or swimming motions while lying on his tummy, press your hands firmly against the soles of his feet. He may push against your hands and inch forward. If he does not, try the exercise again at a later date.

Hearing and Language

Bell bracelets

You can use the fascination of sound to increase your baby's awareness of his hands and feet. Tie a ribbon strung with one or more small jingling bells around his wrist. Lift his arm to shake the bell and make it ring. If he notices the tinkling sound, he may start moving his arm in order to make the bell ring. Try moving the bells from wrist to wrist and later to the ankles. Make sure the bells are securely fastened to the ribbons, so the baby cannot pull them off and swallow them. Remove the bells after five or ten minutes.

More conversation

Encourage your baby's language development by talking to him as much as possible. Describe what you are doing as you feed him, bathe him, clean his room. Name objects for him - especially those that he can handle, such as his bottle or a rattle. Hold up an item as you discuss it. Use his name often.

House tour

Add a variation to your conversations with your baby by carrying him on tours of the house when he wishes to be held. Watch for the objects that seem to attract his attention because of their shapes, bright colors or sounds, and emphasize those in your talk. As during routine activities, describe what you are showing the child: "This is the faucet where we get our water. Listen to the hiss when the water runs." If your baby wants to touch the water, or anything else that will not harm him, encourage him to do so.

Source: Your Baby's First year

Tracking Activity



Place the baby on her back. Hold a brightly colored object 8 to 10 inches away from the baby's face. Slowly move the colored object in a curve from one side to the other so that the baby tracks the movement of the object.



Activities & Games

(1, 2, and 3 months old)

Vision and Perception

Picture gallery

Babies enjoy looking at people or pictures of them, especially the people they are getting acquainted with. So if you do not already have a display of family photographs on a wall or table, create such a collection of large photos and introduce your child to it. Let him view the pictures frequently while you name the people in them. Let him touch the pictures if he wants to; although, of course, not in a manner that would endanger either the baby or the photographs.

Ring on a string

Attach a shiny ring or another bright object to one end of a string. Place the baby in his infant seat and, holding the free end of the string above him, make the ring slowly circle the child's head at his eye level. Keep the ring circling in one direction and watch your baby's eyes as he learns to anticipate the predictable reappearance of the ring on one side of his head after it passes out of sight on the other side. The game will expose him to the regularity of objects in motion.

Bubble watch

Babies who are old enough to see soap bubbles are usually fascinated by watching those iridescent spheres drift magically through the air. But this pastime also gives your child practice in tracking moving objects through eye and head movements. Take care to blow the bubbles away from your baby; a bubble bursting on his nose can startle the little one and the soap mixture can sting his eyes.

Shake play

This simple game helps develop your baby's motor skills as well as vision judgment and the coordination between the two. Begin the exercise by putting into your baby's hand a toy that is easy to grasp and makes a noise when shaken, such as a rattle or an oversize play key ring. Shake that hand so the noise will attract the child's attention. See if he lifts the toy into his line of vision to discover what is creating the racket. If he does not, raise his arm for him and shake the toy again, while you talk to him about what is happening. Then try the other hand.

Emotional and Social

Giggle games

By the time your baby is in his fourth month, he loves to play surprise tickle games. Chant a rhyme or any narrative in a sing-song voice: "The itsy bitsy spider..." and "Here comes a buzzy bee..." are two old favorites for developing his sense of humor. As you recite the litany, your fingers creep like a spider's or a bee's tiny, soft footsteps up the baby's arm or leg to a ticklish area such as his neck or midriff. Be careful as you deliver the coup de grace, however: Too much tickling can over stimulate him and provoke confusion.

Riding a pony

If you are typically loving and obliging parents, you and your spouse will be your child's "ponies" or "horsies" for many years to come. The baby will ride on your feet, knees, back and shoulders until both of you wearily yearn to be turned out to pasture with Old Dobbin. There is value in your sacrifice, however. Your baby not only improves his capacity for social relationships by bonding tightly to these trustworthy mounts, but he develops his balance and muscle coordination as well. In the earliest stage, lie on your back, knees up. Place your baby securely on your lower legs, facing you, as you hold his hands in yours. Move your lower legs slowly up and down while you show your pleasure in the game with joyful facial gestures and by fixing your gaze on your child's eyes. And, as in almost all games that involve movement, sing a song at the same time.

