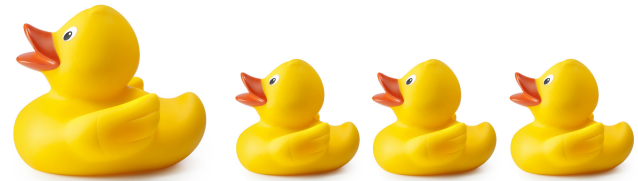


## Welcome to Child Health Clinic

Today, the Public Health Nurse will offer to immunize, weigh and measure your baby and answer your questions. If you have questions about you or your baby, let us know below.



### Do you have any questions about the following? (check any)

- Comforting my baby during immunizations
- Feeding my baby/when to start solid foods
- Tooth cleaning/teething
- Growth and development
- Sleeping
- Tummy time
- Communicating with my baby
- Eyes/vision
- Ears/hearing
- Baby's behaviour
- Being physically active
- Car seats
- Home safety
- Parenting/caring for my baby
- Emotional health for parents/postpartum depression
- Relationships/support
- Second hand smoke/vapour products and how it affects my baby
- Alcohol, cannabis, other substances and how they affect my baby
- Quitting alcohol, tobacco, vapour products, cannabis or other substances
- Anything else? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I have no questions**

### Telephone Support

<b>HealthlinkBC</b>	<b>8-1-1</b>
Free health information and advice line from a registered nurse, registered dietitian, qualified exercise professional or a pharmacist. Available 24/7	
<b>Alcohol and Drug Information Referral Service</b>	<b>1-800-663-1441</b>
Available 24/7	
<b>310Mental Health Support</b>	<b>310-6789</b>
(no area code needed) Available 24/7	
<b>Suicide Crisis Helpline</b>	<b>9-8-8</b>
<b>QuitNow</b>	<b>1-877-455-2233</b>
<b>Pacific Post Partum Support Society</b>	<b>1-855-255-7999</b>
Monday – Friday, 10:00 am – 3:00 pm	
Text support:	<b>604-255-7999</b>
<b>B.C. Poison Control Centre</b>	<b>1-800-567-8911</b>

### On-line Resources

<b>Baby's Best Chance</b>
<a href="http://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance">www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance</a>
<b>Toddler's First Steps</b>
<a href="https://www.healthlinkbc.ca/pregnancy-parenting/toddlers-first-steps">https://www.healthlinkbc.ca/pregnancy-parenting/toddlers-first-steps</a>
<b>Feelings First</b>
<a href="http://www.feelingsfirst.ca">www.feelingsfirst.ca</a>
<b>HealthLink BC</b>
<a href="https://www.healthlinkbc.ca/pregnancy-parenting">https://www.healthlinkbc.ca/pregnancy-parenting</a>
<b>Parachute Canada (Safety)</b>
<a href="https://www.parachute.ca/en/injury-topics/">https://www.parachute.ca/en/injury-topics/</a>
<b>Interior Health</b>
<a href="http://www.interiorhealth.ca/YourHealth/Pages/default.aspx">www.interiorhealth.ca/YourHealth/Pages/default.aspx</a>
<b>First Nations Health Authority</b>
<a href="https://www.fnha.ca/what-we-do/maternal-child-and-family-health">https://www.fnha.ca/what-we-do/maternal-child-and-family-health</a>
<b>BC211</b>
Free information and referral regarding community, government and social services in BC.
<a href="https://bc.211.ca/">https://bc.211.ca/</a>



## 4 Months: Tips for My Healthy Growth and Development

### Physical and Social / Emotional Development

- I can lift my head almost fully, roll over from my front to my side and sit with my arms propped.
- I need many chances to play on my tummy while I'm awake.
- Give me small, but safe things to hold like a rattle. Try again if I drop them.
- I'm not ready for screen time before I'm 2 years old. My brain is still developing and grows through play.
- Copy the sounds and expressions I make and I will copy yours! This is "Serve and Return" and is helping me build my brain.
- I feel secure when you hold me. You won't spoil me.

### Safety

- Keep me in a rear-facing car seat for every trip until I'm at least 1 year old and weigh 10 kg (22 lbs). If the manufacturer's weight-limit allows, keep me rear-facing longer. Don't rush to turn me forward-facing too soon. The back seat is safest for me.
- I can roll so don't leave me alone where I can fall or get stuck.
- Protect me from burns. Set the heater on your water tank to 49°C (120°F). Keep hot drinks away from me.
- Never leave me alone in the bath, not even for a moment.
- I'm starting to put everything in my mouth now. I can choke on anything smaller than the inside of a toilet roll tube.
- My growing body needs fresh air; keep me away from second-hand smoke and vapour from tobacco, cannabis and vapour products.

### Behaviours

- I will cry less now that I'm getting older. But remember when I do, never shake or jiggle me.
- I need 12 to 16 hours of sleep each day, including naps.
- Start a bedtime routine with me such as a warm bath, rocking or singing and quiet time. This routine lets me know that sleep is coming.
- My brain is developing quickly so I may be easily distracted especially during feeding. I need lots of time to feed during the day so I sleep more at night.



### Healthy Smiles

- Once daily wipe my gums with a clean damp cloth.
- If I don't have my first tooth yet I soon will. When I do, change from a cloth to a baby-sized toothbrush with a grain-of-rice-sized bit of fluoride toothpaste.
- Give me a clean chilled teething ring or wet face cloth to chew on instead of teething gels or cookies.

### Infant Feeding

- Breastmilk is the only food I need until I'm about 6 months old and continues to be important for 2 years or more.
- Follow my cues for when and how long to feed me.
- No matter how you feed me, you can use feeding times to build a close and loving bond with me.
- Wait to offer me solid foods until I'm about 6 months old.
- I'm ready for solids when I can:
  - hold my head up,
  - sit-up and lean forward,
  - watch for, open my mouth and close my lips around a spoon,
  - bring food to my mouth with my hands, and
  - let you know if I'm full. For example, turn my head away.
- Discuss with my healthcare provider about food allergy and whether I may be at risk.

### Vision, Hearing and Language

- Be face to face with me and respond to my eye gaze, sounds and gestures.
- Good hearing is important so I can learn. My hearing can be tested at any age.
- I enjoy it when you share books, nursery rhymes and songs with me every day.

