

3 MONTHS – Baby-Proofing



Hello! Your baby is now 3 months old. Every day your baby discovers new things in the world around them, and you are probably learning lots of new things too!

This week we'll be talking about home safety, when to introduce solid foods, and a few nutrition tips for parents too.

Home Safety

As babies grow and develop, the risk for injury changes. Since babies do not understand danger, they need caregivers to be there and be aware! Scan your home from a child's point of view. Crawl on your hands and knees to look for possible hazards and then remove them.

Safety Around the House

- Fasten all large pieces of furniture to the wall (wall unit, bookcase, china cabinet, etc.).
- Use outlet covers on all electrical outlets to prevent electrical burns and make sure they are secure.
- Keep curtain cords high and out of reach.
- Put up a barrier around a gas or wood burning fireplace.
- Keep all chemical products locked in a cupboard out of reach.
- Keep all plastic bags away from children.
- Turn pot handles toward the centre of the stove.

Preventing Falls

- Always keep one hand on your baby when they are on a raised surface.
- Never put a baby in a car seat on a table or couch.
- Start thinking about installing wall mounted safety gates at the top and bottom of stairs. Your baby will be moving soon!

Safe Baby Gear

- Avoid toys with small parts. If it can fit through a toilet paper roll, it can be a choking hazard.
- To reduce the risk for strangulation, remove drawstrings and cords on children's clothing. Check for any loose buttons and small parts which can be a choking hazard. Also, regularly check for loose threads which can get caught around a baby's finger or toe.
- [Baby slings and baby carriers](#) pose safety risks. If you use them, ensure you use them properly.
- If you use a pacifier, check it daily for tears or holes. Replace it at least every two months. Do not hang it around baby's neck.

- Health Canada does not recommend necklaces that claim to reduce teething pain.
- Do not use baby walkers.

For more important child proofing tips, visit Health Canada's website [Is Your Child Safe? - Canada.ca](https://www.canada.ca/en/health-canada/services/child-safety.html). You can also sign up to receive helpful child safety tips through email based on the age of your child at [Preventchildinjury.ca](https://www.preventchildinjury.ca)



During the first 6 months of life, your baby needs only breastmilk, or if not breastfeeding, infant formula.

Introducing any solid food *before* 6 months does not benefit your baby. Some people think their baby will sleep longer at night if they have solid foods before the age of 6 months. This isn't true. Babies fed solid foods early continue to wake at night. Waking at night is a normal part of a baby's development.

If you feed your baby solid foods before they are 6 months old, they are at risk of undernutrition and choking. Solid foods are not as easily digested as breastmilk and infant formula. Babies fed solid foods early may not get all the protein, fat, and other nutrients they need to grow and develop.

Before 6 months of age, babies are still developing the skills needed to eat solid foods. These skills include holding their head up and sitting up on their own. Most healthy, term babies will show signs of being ready for solid foods at 6 months of age.

For more information on how to know if your baby is ready for solid foods, and how to introduce solids foods, see [Feeding Your Baby Booklet](#).



Keeping Yourself Nourished

Eating mindfully is important for you to feel well both mentally and physically. If you're breastfeeding you might feel hungrier and thirstier than usual. Listen to your body's signals of hunger and fullness. Keep it simple with easy snacks such as pre-cut veggies with hummus and Naan bread, some frozen berries you can put on top of yogurt with granola, or a crunchy apple you can enjoy with a handful of whole grain crackers and cheese cubes. Homemade trail mix made with dried fruit, whole grain cereal, and some nuts or seeds is another quick option you can try.

Check out [Canada's Food Guide Kitchen](#) for more snack and meal ideas to help you stay well.

Friendly Reminder: All women who could become pregnant, or who are pregnant or breastfeeding, should take a daily multivitamin containing 0.4 to 1.0 mg of folic acid.

[Canada's Food Guide](#)



Child Care

If you will be looking for child care, it is often important to start the process of finding quality child care you trust early due to the potential for long wait lists. Peterborough has developed a central waitlist for most child care centres and before/after school programs. You can search for programs and register here: [Peterborough Child Care Registry | Child Care Waitlist \(onehsn.com\)](#)

You may also find this guide helpful: [Finding Quality Child Care: A Guide for Parents in Canada](#)

Looking forward to connecting with you again when your baby is 4 months old. Hope you and your family have a great month!