

4 MONTHS – Parenting is hard! Try this to relax.



Hi! Your baby is now 4 months old. Today we'll share with you a way to relax when you have a spare moment, and some information about screen-use and your family – but first, it's time to check-in with your baby's development!

Here are some examples of things that your baby might be doing at 4 months:

- Looks at you, moves, or makes sounds or smile to get or keep your attention
- Makes sounds like “oooo”, “aahh” (cooing)
- Makes sounds back when you talk to him
- Looks at their hands with interest
- Hold their head steady without support when you are holding them?
- Push up onto elbows/forearms when on tummy

For more developmental milestones for this age, including **picture and video examples** of what these look like, you can visit the [CDC Milestones](#) website, or download the [app](#).

This website has great up to date information, but the resources it links to are American. **If you have any concerns about your child's development, contact your healthcare provider.** You can also contact the [SmartStart Hub at Five Counties Children's Centre](#) to get connected directly to services.

[CDC Milestones](#)

Immunization Alert!

At 4 months, your baby is due to receive the same immunizations that they received at 2 months of age. Your baby will receive one vaccine to drink and two injections in the thigh.

These immunizations protect against the rotavirus, pneumococcal disease, diphtheria, tetanus, pertussis, polio, and haemophilus influenza type b (Hib).

Don't forget to record your child's immunizations [here](#).



Screen Use and Your Family

Screen-time (including televisions, computers, phones, and tablets) is not recommended for children under 2 years of age. Babies do not learn from screens. For more information, see: [screen time among young children](#)

Babies love spending time with other people - you are their best teacher and playmate. Babies learn so much through interactions with warm and responsive parents and caregivers.

Try These Tips to Limit Screen Time:

- Set limits on your own screen time.
- Keep meal and snack times screen free. Connect with your family instead.
- Keep bedrooms screen-free.



Relaxing

Being a parent is hard. The ways you used to relax before baby might not work now. Try to find some new ways to help your body be calm. Many people find breathing techniques useful. Here is one for you to try:

1. Get comfy. Sit or lie down.
2. Put one hand on your belly.
3. Take a deep, slow breath through your nose. Feel your hand move.
4. Breathe out slowly through your mouth. Focus on how this feels.
5. Do this 3 times or more. Feel how your muscles relax.

Give it a try next time you have a quiet moment!



Online Mental Health Services

If you are experiencing symptoms of postpartum anxiety, postpartum depression, and/or if you would like support with coping with a newborn, you may find it helpful to check out the Online Postpartum Support Group below.

Online Postpartum Support Group

There is also an online discussion board run by Women's College Hospital which gives you the opportunity to share your thoughts, feelings, and experiences, while learning from and supporting other mothers called Mother Matters.

Mother Matters

Take care! We look forward to connecting with you next month!

