

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 for another Looksee Checklist!

Does your child:

- Follow a moving toy or person with eyes?
- Glance from one object to another?
- Make some sounds when looking at toys or people?
- Brighten to sounds, especially people's voices?
- Respond to you by making sounds and moving arms and legs?
- Laugh and smile in response to your laughs and smiles?
- Finish each feeding within 45 minutes?
- Lift head and chest and support self on forearms when placed on tummy?
- Bring both hands to chest and keep head in midline when lying on back?
- Hold head steady when supported at the chest or waist in a sitting position?
- Reach for an object when supported in a sitting position? (sitting in an infant chair or on your lap)
- Hold an object briefly when placed in hand?

Follow up with your health care provider if you answered 'no' to any of these questions or if you have concerns about your child's development.

If your child was premature, check the website for guidance about which checklist to use.

[Looksee Checklist](#)

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!

