

your child @TM

4 to 6 months

Your child's health, continued

Sleep Safety

- Always put your baby to sleep on his back (do not worry if he rolls over on his own).
- Put the mattress at its lowest level, if your baby can sit up.
- Don't put stuffed animals, pillows, or blankets in the crib with your baby.
- Keep your baby's room at a comfortable temperature. Do not make it too warm or too cold.

Nurturing your child

Behavior

Discipline is never right for babies this age. Always check on your baby when she cries. You can't spoil your baby.

Early Learning

Help your baby learn by reading, talking, and playing.

- Play with your baby. Use toys your baby can chew on, such as rattles and teething rings.
- Place your baby on his tummy for several minutes, a few times a day to help build his strength.
- Give him cloth or board books to play with. Read to him every day.
- Talk and sing to him all the time. Look at him and listen for him to coo or squeal back at you.

Safety Tip

Never shake or hit your baby. Shaking can cause brain damage.

Your child's safety

Around the House

- Never leave your baby on a bed, couch, or chair. She could roll off and get hurt.
- Do not drink or carry hot liquids when you are holding your child or are near children.
- Always check the water temperature in the bath. Never leave your baby alone near water.

In the Car

By law, your baby must ride in a secure, rear-facing car seat. He must ride in the back seat of your car.



Born Learning® is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child's first teacher, *Born Learning* educational materials are made available through the efforts of United Way. For more information, visit us online at www.bornlearning.org.

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