

Emergency Phone Numbers

Call doctor right away if you think baby is sick. Signs may include: vomiting (not just spit up), fever, rash, diarrhea, coughing, sucking poorly, seizures, breathing fast and noisy, dark or very little urine, or pulling on ears.

Learn first aid and infant/child CPR so you know what to do if baby gets hurt or is choking or not breathing.

Never smoke around a baby. Secondhand smoke can cause colds, ear infections, asthma, bronchitis, and pneumonia in babies.

Have your baby tested for lead poisoning at 6 months old and once a year for next six years.

Help your baby learn.

Enjoy spending time and playing with your baby. Repeat sounds s/he makes like laughing or squealing. This helps your baby learn to talk! Sing to your baby and start playing simple games like 'peek-a-boo' and 'patty-cake'. This is a good time to start to read to your baby.

Protect your baby from abuse.

Babies' heads and necks are very fragile. Never shake a baby. Shaking a baby is child abuse and can cause brain damage, seizures, paralysis and even death. Caring for a baby can be frustrating. Cope with frustration by placing the baby safely in the crib and leave the room for a breather. Call a friend, health professional, or clergy person or call the 24-hour toll free hotline (1-800-422-4453) if you are having trouble.

BABY'S DOCTOR (name and phone):

LOCAL FIRE DEPARTMENT PHONE:

LOCAL POLICE DEPARTMENT PHONE:

POISON CONTROL CENTER PHONE:

1-800-222-1222

CCDPH DISTRICT OFFICES:

North Suburbs

3rd District Court Building
2121 Euclid Avenue
Rolling Meadows, IL 60008
847-818-2860 phone, 847-818-2023 TDD

West Suburbs

Eisenhower Tower
1701 S. First Avenue
Maywood, IL 60153
708-786-4000 phone, 708-786-4002 TDD

Southwest Suburbs

5th District Court Building
10220 S. 76th Avenue
Bridgeview, IL 60455
708-974-6160 phone, 708-974-6045 TDD

South Suburbs

6th District Court Building
16501 South Kedzie
Markham, IL 60426
708-232-4500 phone, 708-232-4010 TDD

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Your Baby 3 to 6 Months



*Things your baby may do
and tips to keep baby healthy*



**COOK COUNTY HEALTH
& HOSPITALS SYSTEM**
CCHHS

**Cook County Department
of Public Health**

Promoting health. Preventing disease.

Protecting you.

Here are ways to keep your baby safe and healthy

Things your baby may do 3 to 6 months



Cook County Department of Public Health
Promoting health. Preventing disease.
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Protect your baby from getting hurt.

Only leave baby in the care of a responsible person. Never leave alone in a tub of water or where s/he could fall (e.g. tabletop, bed, couch, or changing table). Put crib sides up.

Baby should sleep in a crib alone on a firm surface with only a fitted sheet covering all sides. Back sleeping lowers risk of Sudden Infant Death Syndrome (SIDS).

Remove hanging telephone, electrical, blind or drapery cords from sleep and play areas.

Choose toys with care. Small parts (e.g. eyes and nose on stuffed animal, broken balloons, keys, coins, jewelry) can be a choking hazard. All toys/parts must be bigger than baby's mouth.

Put all vitamins, iron drops, medicines, cleaners, other chemicals, knives and plastic bags out of reach or in a locked space. Keep Poison Control Center phone number (see back panel) handy. Do not induce vomiting.

Use a smoke/carbon monoxide detector in your home. Change batteries every six months.

To prevent falls, use safety gates at the top of the stairs and in front of windows and don't use walkers.

If there are guns and ammunition in your home, lock unloaded gun(s) separate from locked ammunition.

Use a government-approved rear-facing child safety seat when transporting baby in a car. Buckle yourself too. It's the law.

Keep baby out of direct sunlight. Discuss sunscreen with doctor.

This chart is very general. Talk with your baby's doctor if you have concerns.

How babies this age handle their body:	Most babies will do this by age:
Holds head steady while being held	6 weeks-4 months
Laughs, smiles and squeals	6 weeks-5 months
Brings hands together in front of themselves	6 weeks-4 months
Hangs on to rattle when placed in fingers	2 months-5 months
Rolls over from front to back or back to front	2 months-5 months
Enjoys looking at self in mirror	4 months-6 months
Turns toward your voice or other sounds	4 months-8 months
Sleeps 4-10 hours at night with 1-4 hour daytime naps	2 months-4 months
Picks small things from a flat surface	5 months-8 months
Makes sounds like ga-ga, da-da, and ma-ma	4 months-8 months
Grabs for things out of reach	5 months-9 months

Keep your baby clean.

Always wash your hands before and after changing baby's diaper. Wash, rinse, and pat diaper area dry at each diaper change. Talk to doctor about uncontrollable diaper rash.

Prevent burns by testing warmth of water first with your elbow or wrist to make sure not too hot for baby. Use a washcloth with warm water and mild soap to wash. Do not use cotton swabs (Q-tips TM) to clean inside ears or nose.

Help your baby grow.

Breast milk or iron-fortified formula is all baby needs. Always refrigerate clean, made up formula. Give formula or nursery water in a bottle. When feeding, let baby eat as much as s/he wants and never force to eat. Throw away what is left over in bottle after eating. Clean bottle and nipple with

soap and hot water. Hold baby in your arms so s/he feels safe. Do not drink hot liquids or smoke while holding baby. Hold the bottle for baby while feeding. Do not prop on pillows or other objects.

Babies usually start rice cereal as their first food, but check with your doctor or WIC before starting your baby on any foods such as cereal, vegetables, or fruits. Always feed baby cereal from a spoon. Never give cereal in a bottle.

Keep your baby well.

Always keep doctor visits and immunizations (shots) up to date. Save and bring all records to every clinic/doctor visit. It is okay for baby to get a shot with a mild cold or ear infection.