
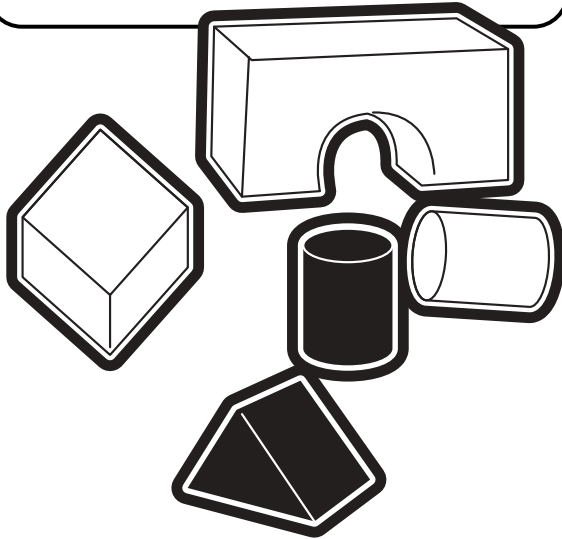
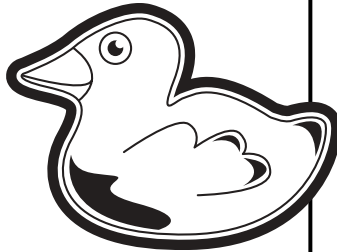


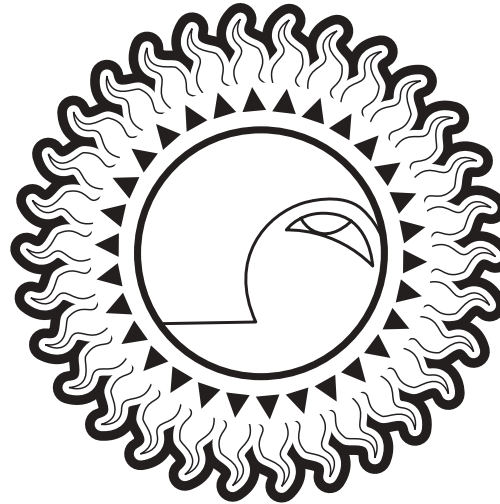
Good toys

for a 4 month old baby:

- Musical toys
- Balls
- Rattles
- Stuffed animals
- Wood blocks
- Squeezable plastic toys
- 



Your baby can choke on any toy or part of a toy that is small enough to fit through a toilet paper roll. Make sure all toys are bigger than this.



Cree Traditional Healing for diaper rash:

When babies had **diaper rash** the women knew what to do. They would look for **punk wood**. When they found it, they brought it to the camp where they dried it and ground it into a **fine powder**. It was ready for use after it was well ground. They used this powder by sprinkling it over the affected area. The powder **absorbed** the moisture so the rash healed much faster. This powder was also used as a baby powder after the baby's bath – just rub this all over the baby. (H. & W.P.)



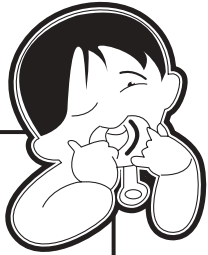
4 Child Development - Months Old

CH-19

Version française disponible



Your baby may be able to:



- ▶ Lift and hold her head up while on her tummy
- ▶ Push up and hold her chest off the ground with straight arms
- ▶ Turn her head to sounds like voices or bells
- ▶ Reach and grab things
- ▶ Bring her hands to her mouth
- ▶ Hold her head up well when held sitting
- ▶ Follow objects or faces well with her eyes
- ▶ Smile and talk to herself in the mirror (babble)
- ▶ Roll over



You can help your baby develop with these activities:

- ▶ Place toys in his hands
- ▶ Give him a shatter-proof mirror to play with
- ▶ Hold your fingers out to him when he is lying down, so that he can grab them and pull himself up to a sitting position
- ▶ Put him on his tummy on a firm surface to play (turn him over to his back if he falls asleep)
- ▶ Change activities often, to keep your baby interested

You can help your baby learn to speak with these activities:

- ▶ React and encourage your baby when she makes sounds ("talks")
- ▶ Talk to her often
- ▶ Hum or sing when you are close by
- ▶ Talk to your baby about things that are going on around her, or about what you are going to do together – in the house, at the store, bath time, etc.

