

## COVID-19



## DEVELOPMENT

### 4 months

At 4 months your life may be getting some of its predictability back.

Physically your baby will be doing a lot. You'll be visiting the doctor for a baby-wellness check and getting vaccines. They'll even reach the physical milestone of doubling their birth weight and will gain the upper body strength to push up to elbows when on their stomach.

For their diet, they could potentially start showing interest in solid foods. According to the American Academy of Pediatrics there is no right age to start your baby on solids. Go with what they have interest in at the time.

Finally, you may be dealing with the dreaded sleep regression. This is when your baby starts refusing naps and is waking more frequently. Don't worry, this is only temporary and likely due to a growth spurt.

Parenting during a pandemic, crazy right? But luckily we have lots of tips to help you keep your kids safe at home.

First, proper medication storage and safety are incredibly important since kids are spending more time at home. Make sure all medications are put up and away in child proof containers where little hands can't reach.

Second, you're home more so your car is home more. This is a time to be especially vigilant with kids and cars. Keep keys with you at all times, don't leave them in the car. Keep car doors locked so kids can't gain access and lock themselves in. And if you are leaving the house, do a full walk around to make sure no children are playing behind or in front of the car.

Lastly, if your kids are out in public for any reason, those over the age of 2 are recommended to wear a mask according to the CDC. Those under 2 should not be wearing a mask as it can obstruct their airway.

Below are some links to help keep your little ones safe and healthy!

- [A Parent's Checklist for Preventing Injuries](#)
- [CDC Caring for Children](#)

