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# Babies aged 3 to 4 months

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When your baby is three to four months old, you'll see your health visitor at home who will check on you and your baby, checking on their progress and offering general health and wellbeing advice.

Your baby will be offered vaccination at 16 weeks.

Visit your [local Family Hub](#) to access sessions and activities such as stay and play groups, book into workshops with the [HENRY infant feeding team](#) when your child begins to eat solids at six months old, and see your health visitor.

## Child's development

All children develop at their own pace as they learn about themselves, their family and the world.

Development you may see at this stage includes:

- Reaching for toys
- Letting you know they are happy or sad
- Responding to love and affection
- Pushing up on their elbows when lying on their stomachs

## Supporting your child to grow

- Share your baby's interests by looking and pointing
- Take every chance to smile at your baby and speak to them in a kind voice
- When your baby cries, respond as soon as possible and note the meaning of each cry – signal where you can
- Repeat sounds your baby makes back to them
- Encourage your baby to roll over by putting them on a firm, safe surface on the floor and always stay with your baby

## Help and support

The [parent infant service in Blackpool](#) works with parents to support positive bonding and attachment in the perinatal period.

[Your local Family Hub](#) can support with a number of things that can impact on your parenting life such as debt, housing and relationships.

The [I Can Cope \(ICON\) programme](#) helps to support parents and carers to understand the normal crying pattern of young infants and keep babies safe.

Find out more about your [child's development and what to expect when](#).

## Blackpool Council

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