

Growing & Learning at...4 Months



What Most Babies do at 4 Months:

Social-Emotional Milestones

- Smiles on his own to get your attention
- Chuckles (not yet a full laugh) when you try to make him laugh
- Looks at you, moves, or makes sounds to get or keep your attention

Language & Communication Milestones

- Makes sounds like “ooo”, “aahh” (cooing)
- Makes sounds back when you talk to her
- Turns head towards the sound of your voice

Cognitive Milestones (learning, thinking, problem-solving)

- If hungry, opens mouth when he sees breast/bottle
- Looks at her hands with interest

Movement & Physical Development Milestones

- Holds head steady without support when you are holding him
- Uses his arm to swing at toys and holds toys put in his hand
- Brings hands to mouth
- Pushes up onto elbows/forearms when on tummy

Helping 4-month-old Babies Learn & Grow:

- ▶ Talking, reading and singing to 4-month-olds helps them develop and understand language.
- ▶ Playing on the floor or on the play mat with babies this age helps them move, learn, and explore.
- ▶ 4-month-olds are ready for interactive games like “peek-a-boo”. Cover your eyes with your hands and then uncover them while you say “peek-a-boo”. Watch for smiles or other signs that he's enjoying the game.
- ▶ 4-month-olds start to track things with their eyes. Place the baby on her back and show her a brightly colored toy. Move the toy slowly from left to right and up and down to see her follow the toy with her eyes.
- ▶ Help 4-month-old babies “exercise” by gently bending and moving their legs up and down while you sing and talk.
- ▶ At this age, babies enjoy being held in a standing position. You can do this by holding him securely under his arms with his feet on your lap and letting him bounce up and down.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org.

Growing & Learning at...4 Months



Topics to Discuss at 4-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



Source

U.S. Department of Health and Human Services, CDC; and American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org.