

Your Baby at 4 Months

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for a 4-month-old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your baby's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your baby gets the support that they need to grow and thrive.



Growth and Movement Milestones

- Holds head up without support when being held
- Lifts head and chest when lying on tummy
- Holds a toy when placed in their hand
- Grasps finger
- Rolls over (stomach to back)
- Sits with support
- At 4 months, breast milk and formula are still the main food in your baby's diet. If your baby is showing signs of readiness, your pediatrician may recommend beginning trials of rice cereal. However, it is important to discuss readiness with your pediatrician before starting solid foods.



Cognitive and Language Milestones

- Plays with fingers and toes, studies hands
- Recognizes familiar people and things at a distance
- Reacts to sounds
- Opens mouth when they see breast or bottle
- Begins to babble and coo
- Makes sounds back when you talk to them



Social and Emotional Milestones

- Smiles to get your attention
- Returns a smile
- Looks at you, moves, makes a sound to get your attention
- Loves to look at faces
- Responds to peek-a-boo with smiles, babble and coos, or giggles
- Loves to be touched and held close



All for Kids Home Health



Activities & Toys for your 4-Month-Old



Interacting with a 4-month-old baby can be a delightful and important part of their development. While they are still very young and limited in their abilities, they are rapidly growing and developing socially, emotionally, and cognitively. Here are a few activity and toy recommendations for this age group:

Activities:

- Engage in eye contact. Babies are learning to focus their vision at this age. Making eye contact helps babies to develop their visual skills and feel connected to you.
- Talk to your baby in a soothing and gentle voice. You can narrate your daily activities, sing songs, or simply have conversations with them. This helps your baby become familiar with language and the sound of your voice.
- Respond to your baby when they babble or coo. Repeat sounds back to them like a conversation. This back-and-forth interaction is crucial for language development.
- Smile and use a variety of facial expressions. Babies are responsive to smiles and expressions, and it helps them to understand emotions and build a connection to you.
- Continue with tummy time. Placing your baby on their tummy for short periods each day helps them develop their neck muscles and improve upper body strength. These are skills they will need for crawling in the next few months.
- Use toys to encourage reaching and grabbing. Soft toys, rattles, and brightly colored toys can be engaging for them.
- Read to your baby. Although your baby probably can't understand you yet, it is important for them to hear the rhythm and cadence of language. Using books provides an object to focus on and improves engagement.
- Try to establish routines for eating and sleeping.

Toys:

- Rattles, plastic rings, toy keys, and soft toys are all good items to encourage play.
- Boppy pillows are great items to use for supported sitting practice. Never leave your baby alone when practicing sitting with pillows or chairs.
- Toys that play music or have lights can also be stimulating or soothing.