Your Baby at 4 Months

Child's Name _____ Child's Age _____ Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 4 months. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Babies Do by this Age:

Social/Emotional

- ☐ Smiles spontaneously, especially at people
- ☐ Likes to play with people and might cry when playing stops
- ☐ Copies some movements and facial expressions, like smiling or frowning

Language/Communication

- ☐ Begins to babble
- ☐ Babbles with expression and copies sounds he hears
- ☐ Cries in different ways to show hunger, pain, or being tired

Cognitive (learning, thinking, problem-solving)

- ☐ Lets you know if she is happy or sad
- ☐ Responds to affection
- ☐ Reaches for toy with one hand
- ☐ Uses hands and eyes together, such as seeing a toy and reaching for it
- ☐ Follows moving things with eyes from side to side
- ☐ Watches faces closely
- ☐ Recognizes familiar people and things at a distance

Movement/Physical Development

- ☐ Holds head steady, unsupported
- ☐ Pushes down on legs when feet are on a hard surface
- ☐ May be able to roll over from tummy to back
- ☐ Can hold a toy and shake it and swing at dangling toys
- ☐ Brings hands to mouth
- ☐ When lying on stomach, pushes up to elbows

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:
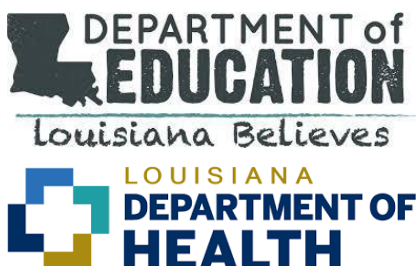
- ☐ Is missing milestones
- ☐ Doesn't watch things as they move
- ☐ Doesn't smile at people
- ☐ Can't hold head steady
- ☐ Doesn't coo or make sounds
- ☐ Doesn't bring things to mouth
- ☐ Doesn't push down with legs when feet are placed on a hard surface
- ☐ Has trouble moving one or both eyes in all directions

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at **cdc.gov/FindEI**.

DON'T WAIT.
Acting early can make a real difference!

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Child Find: 318-872-6550 ext 2
Early Steps: 318-226-8038

Download CDC's Milestone Tracker App
GET IT ON Google Play
Download on the App Store

Learn the Signs. Act Early.

Help Your Baby Learn and Grow

You can help your baby learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 4-month-old baby today.
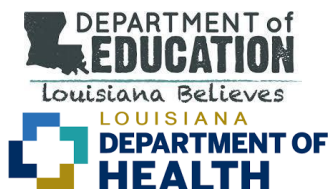
What You Can Do for Your 4-Month-Old:

- ☐ Hold and talk to your baby; smile and be cheerful while you do.

- ☐ Set steady routines for sleeping and feeding.

- ☐ Pay close attention to what your baby likes and doesn't like; you will know how best to meet his needs and what you can do to make your baby happy.

- ☐ Copy your baby's sounds.

- ☐ Act excited and smile when your baby makes sounds.

- ☐ Have quiet play times when you read or sing to your baby.

- ☐ Give age-appropriate toys to play with, such as rattles or colorful pictures.

- ☐ Play games such as peek-a-boo.

- ☐ Provide safe opportunities for your baby to reach for toys and explore his surroundings.

- ☐ Put toys near your baby so that she can reach for them or kick her feet.

- ☐ Put toys or rattles in your baby's hand and help him to hold them.

- ☐ Hold your baby upright with feet on the floor, and sing or talk to your baby as she "stands" with support.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

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Centers for Disease Control and Prevention
www.cdc.gov/actearly
1-800-CDC-INFO

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