



Your Child's Growth, Step by Step: Milestone Tracking with

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Your Baby at 4 months

Milestones are important! The way your baby plays, learns, communicates, behaves, and moves provides key insights into their development. Keep track of the milestones your baby has achieved by 4 months. Be sure to discuss these milestones with your baby's doctor during every well-child visit, and learn what to expect as they continue to grow.

Social/Emotional Milestones

- Smiles on their own just to get your attention
- Gives little giggles (not quite a full laugh yet) when you try to make them laugh.
- Stares you and moves or makes sounds to grab your attention

Language/Communication Milestones

- Makes cooing sounds like "ooo" and "ahh"
- Responds with sounds when you talk to them
- Turns their head toward the sound of your voice

What to Share with Your Doctor

- ★ Is there anything about the baby that concerns you?
- ★ Is that healthcare needs that your baby have or he/she born prematurely?
- ★ Is there anything that you and your baby do together?
- ★ Does your baby stop doing anything that he/she used to do?
- ★ What are your baby's favorite things to do?

Cognitive Milestones

(Learning, thinking, problem-solving)

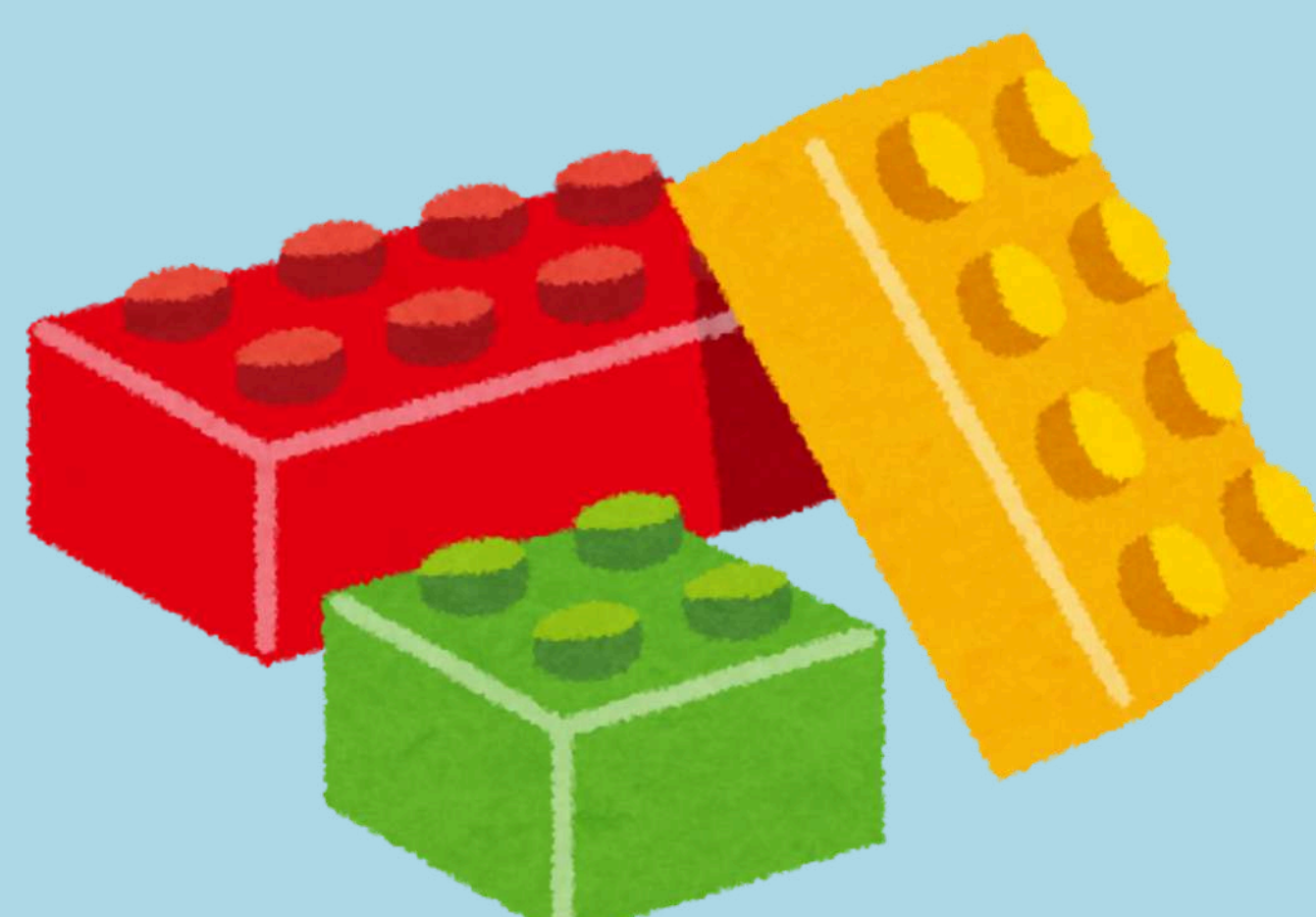
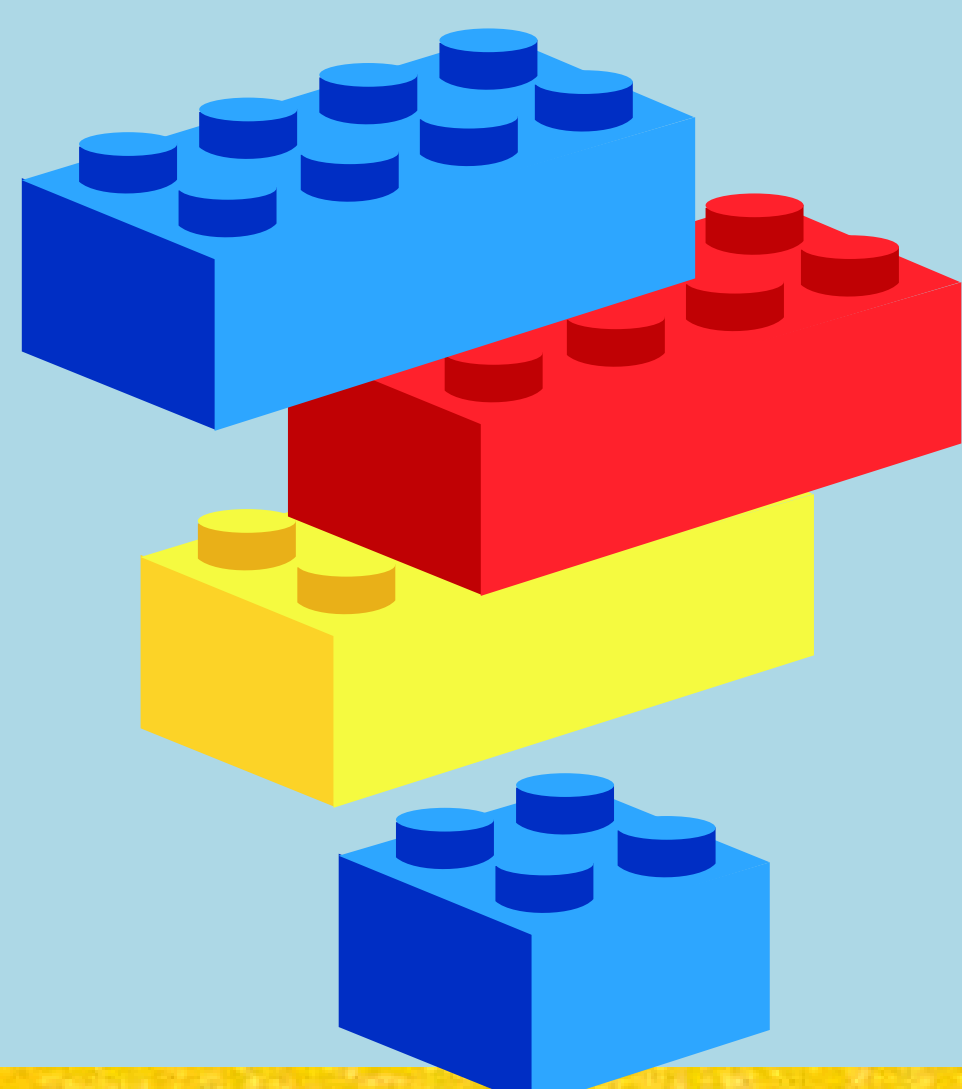
- If they are hungry, they opens mouth to see the breast or bottle
- Gazes at their hands with curiosity and interest

Movement/Physical Development Milestones

- Keeps their head steady without support when you're holding them
- Grasps a toy when it's placed in their hand
- Brings their hands to their mouth
- Swings their arm to reach for toys



You know your baby the most. Don't wait if you have any concerns about their development. If your baby isn't meeting certain milestones, has lost previously acquired skills, or if you have other concerns, take action early. Talk with your baby's doctor about developmental screenings.



Support your Baby's Learning & Development

As your baby's first teacher, you play a key role in their learning and brain development. Here are some simple, safe activities you can try. If you have any questions or need more ideas, be sure to talk to your baby's doctor or teachers.

- ✓ Respond positively to your baby's sounds by smiling, talking, and showing excitement. This helps them learn the back-and-forth of conversation.
- ✓ Talk, read, and sing to your baby regularly to support language development.
- ✓ Spend time cuddling and holding your baby. It helps them feel safe and cared for, and you won't spoil them by responding to their needs.
- ✓ Limiting screen time when you're with your baby allows you to be more responsive, helping their learning and growth.
- ✓ Take care of yourself. Parenting can be challenging, and feeling good yourself makes it easier to enjoy your baby.
- ✓ Learn to recognize and respond to your baby's signals. Notice whether they are engaging with you by making sounds and looking at you or needing a break by turning their head, yawning, or becoming fussy. Responding to their cues helps them feel loved and secure.
- ✓ Give your baby tummy time when awake, placing toys at eye level to encourage head lifting. Always supervise your baby, and if they seem sleepy, place them on their back in a safe sleep space (firm mattress with no loose blankets, pillows, or toys).
- ✓ Feed your baby only breast milk or formula for the first six months—other foods, water, or drinks are not needed during this time.
- ✓ Watch for hunger signs like putting hands to their mouth, turning toward the breast or bottle, or licking their lips.
- ✓ Be mindful of signs that your baby is full, such as closing their mouth or turning away from the breast or bottle. It's okay to stop feeding if they're not hungry.
- ✓ Never shake your baby—this can cause serious brain damage or even death. If you feel frustrated by their crying, place them in a safe space and take a break, checking on them every 5-10 minutes. Remember, crying often peaks in the first few months and will get better.
- ✓ Establish feeding and sleep routines to help your baby begin to understand what to expect each day.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) and do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

