



Development- Four Months

Your baby is more curious about their world and is learning through their relationships with you and your family. Your baby is learning about emotion and communication and is interested in your face and others.

At Four months you may notice your baby

- Has settled from the extra crying and fussiness, usually by 12-16 weeks
- May have longer blocks of sleep overnight 4-5 hours
- Has made a strong bond with you
- Links what you say to your facial expressions
- Knows the sound of your voice
- Turns their head to your voice and sounds
- Is smiling, laughing and responds to your smiling
- Make eye contact with you when you talk to them
- Has more speech sounds coos and squeals
- Making speech sounds to get your attention
- Can hold a toy in their hands
- Roll from tummy to back
- Reaching for objects
- Putting their hands in their mouth and increased dribbling
- Showing stronger head control and lifting it up 90 degrees when on their tummy
- Responds to a feed/play/sleep routine
- Giving you cues to let you know what they need-hungry, tired, cuddles, play



How to help your Baby Develop

- Talk to your baby regularly
- Respond to your baby when they are crying
- Look into your baby's eyes when you are talking to them
- Smile and laugh with your baby
- Cuddle your baby regularly
- Talk, sing and read to your baby
- See what your baby is interested in and have a conversation about it
- Show your baby different textures and colors
- Play with your baby, get down on the floor with them
- Lay your baby under a play gym and play with them
- Give your baby some tummy time, 10-15 minutes regularly
- Give your baby a massage
- Take your baby for a walk in the pram and talk to them about the outside world

