

A graphic consisting of two overlapping pink shapes. The top shape is a rounded rectangle with a light pink circle in its top-left corner. The bottom shape is a rounded rectangle with a light pink circle in its bottom-right corner. The two shapes overlap in the center, creating a darker pink area. The text is centered within the top shape.

## Development- Four Weeks

Your baby is growing and learning every day. They are interested in their environment.

## At Four weeks you may notice your baby

- Crying around 5-6 hours per day
- May have an increase in crying and a little harder to settle at times
- Focusing on familiar faces
- Looking into your eyes
- Responding to your voice
- Turning their head towards sound and your voice
- Moving their mouth and lips when you are talking to them
- Squinting at bright lights
- Startling to sounds
- Grasping your fingers when you place them in their hands
- Has an increase in grunting noises which are early speech sounds
- Making jerky movements
- Lifting their head and turning it side to side briefly when on their tummy
- Legs making crawling movements when placed on their tummy



# How to help your Baby Develop

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- Talk to your baby in a soothing calm voice
- Respond to your baby when they are crying
- Look into your baby's eyes regularly
- Copy your baby's facial expressions when playing with them
- Cuddle your baby regularly
- Talk, sing and read to your baby
- Give your baby some tummy time
- Give your baby a massage
- Give your baby skin to skin contact

