

4 Months

Developmental Milestones

Gross Motor

Support upper body with arms when lying on belly
 Pushes up on extended arms
 Bears weight on legs
 Lifts head to 90 degrees
 Sits supported and keeps head steady
 Begins to roll over

Language

Laughs and squeals
 Babbles

Fine Motor-Adaptive

Grasps a rattle
 Brings hands together to midline
 Can follow 180 degrees with eyes
 Keeps hands open while at rest

Personal-Social

Recognizes familiar objects/people at a distance
 Regards own hand
 Shows a clear preference for parents/family
 Begins to understand cause and effect (shake a rattle and it makes noise)

Anticipatory Guidance

Safety

- ◆ Always place your infant in an appropriate, rear-facing infant/car seat, and make sure the seat is appropriately strapped into the vehicle.
- ◆ Make sure your baby's bedding is tight fitting and that there are not any loose blankets/stuffed animals that can cover the baby's face.
- ◆ Always place your baby on his back to sleep. This reduces the incidence of SIDS.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Never leave your baby lying on any surface above ground level without the baby being secured with safety straps or a hand.
- ◆ Always maintain a smoke-free environment around babies.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around your baby. You never know when they might spill.
- ◆ Never use a microwave to heat formula or breastmilk. It can heat unevenly and cause burns.
- ◆ Never give a baby honey or corn syrup of any kind. It can lead to infant botulism.
- ◆ Avoid direct sun exposure. Your baby has very sensitive skin and will burn easily.

My Child's Growth

Length: _____ %

Weight: _____ %

Head Circ: _____ %



4 Months

Anticipatory Guidance

Infant Care

- ◆ Always burp your baby after a feed. Some babies require more frequent burping to prevent spit-ups.
- ◆ Always have a bulb syringe (nasal aspirator) on hand. Use this to clear the nose of congestion, spit-up, etc. Remember, babies require their noses to breathe.
- ◆ Crying indicates a need for attention. It can mean hunger, a dirty/wet diaper, being too cold, too hot, tired, etc. If you have tried to provide all of these needs and you become frustrated, lay your baby down and let him cry while you take a moment for yourself.
- ◆ Begin childproofing your home
- ◆ Over the next two months you can begin introducing solid foods. Start with soupy rice cereal and gradually thicken it to baby food consistency over several days. Introduce individual fruits and vegetables one at a time. Wait 5-7 days before introducing a new food so that you will know if an allergy develops to that food.
- ◆ Bedtime routines are important at this age.

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