

# Your baby at 4 months



Baby's Name \_\_\_\_\_

Baby's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

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

## What most babies do by this age:

### Social/Emotional Milestones

- Smiles on his own to get your attention
- Chuckles (not yet a full laugh) when you try to make her laugh
- Looks at you, moves, or makes sounds to get or keep your attention

### Language/Communication Milestones

- Makes sounds like "oooo", "aahh" (cooing)
- Makes sounds back when you talk to him
- Turns head towards the sound of your voice

### Cognitive Milestones

#### (learning, thinking, problem-solving)

- If hungry, opens mouth when she sees breast or bottle
- Looks at his hands with interest

### Movement/Physical Development Milestones

- Holds head steady without support when you are holding her
- Holds a toy when you put it in his hand
- Uses her arm to swing at toys
- Brings hands to mouth
- Pushes up onto elbows/forearms when on tummy

## Other important things to share with the doctor...

1. What are some things you and your baby do together? \_\_\_\_\_
2. What are some things your baby likes to do? \_\_\_\_\_
3. Is there anything your baby does or does not do that concerns you? \_\_\_\_\_
4. Has your baby lost any skills he/she once had? \_\_\_\_\_
5. Does your baby have any special healthcare needs or was he/she born prematurely? \_\_\_\_\_

**You know your baby best.** Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

**Don't wait.**  
Acting early can make  
a real difference!



Download CDC's  
free Milestone  
Tracker app





## Your next steps

- Share this checklist & keep tracking milestones!** Take this checklist to your child's next check-up and be sure to share it with the doctor, as well as others who care for your child. Keep tracking by downloading CDC's FREE *Milestone Tracker* app or find online checklists at [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones).
- Support your child's development with these tips and many more from [www.cdc.gov/milestones](http://www.cdc.gov/milestones) or on CDC's *Milestone Tracker* app**
  - Feed only breast milk or formula to your baby. Babies are not ready for other foods, water or other drinks for about the first 6 months of life. Set steady routines for sleeping and feeding.
  - Let your baby have time to move and interact with people and objects throughout the day. Try not to keep your baby in swings, strollers, or bouncy seats for too long.
  - Allow your baby to put safe things in his mouth to explore them. This is how babies learn. For example, let him see, hear, and touch things that are not sharp, hot, or small enough to choke on.
  - Lay your baby on her back and show her a bright-colored toy. Move the toy slowly from left to right and up and down to see if she watches how the toy moves.

## If your child is missing milestones or you have other concerns:

- Call your child's doctor.** Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- Call for services to help.** Call 1-800-522-0066 and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

**Don't wait. Acting early can make a real difference!**

## Note to Dr. \_\_\_\_\_ :

- WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) encourages families to talk with you about their child's development.
- This checklist reflects milestones **MOST children (at least 75%)** would be expected to meet by this age.
- Missing milestones can be an indication to administer a developmental screening. The American Academy of Pediatrics (AAP) recommends developmental screening between recommended screening ages if concerns arise; this checklist is not a substitute for a standardized, validated screening tool.
- If a developmental screening shows concerns or you or the parent still have concerns, refer to your states' early intervention program [https://dhhs.nv.gov/Programs/IDEA/Early\\_Intervention\\_Programs/](https://dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs/) and, at the same time, for further developmental and medical evaluation.
- For FREE resources to support developmental surveillance, visit [cdc.gov/ActEarly/Healthcare](http://cdc.gov/ActEarly/Healthcare).



[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)  
1-800-CDC-INFO (1-800-232-4636)



**Learn the Signs. Act Early.**