

4 Months: Overview of Development



Motor & Physical Development



Head Control

Holds head up steadily during tummy time. Pushes up onto elbows when on tummy.



Reaching & Grasping

Reaches for toys and brings hands to mouth. Can grab objects but doesn't quite have control yet.



Rolling

Starts rolling from tummy to back (look out, world!).

Language & Communication Development



Babbling

Babbles with different sounds—lots of "ba" and "ga" experiments.



Laughing

Laughs! (Possibly the best sound ever.)



Mimicking

Copies some facial expressions and sounds.



Listening

Turns head toward voices and sounds.



Tone Response

Responds to changes in your tone—excited voices make them excited too!

Socio-emotional Development



Interactive Play

Loves interactive play—peekaboo is a hit!



Familiar Faces

Smiles at familiar people and might be wary of strangers.



Excitement

Shows excitement when they see you—kicking, smiling, squealing!



Recognition

Recognizes different voices and faces.



Exploration

Enjoys being held in new positions to see the world.

Cognitive Development



Visual Tracking

Watches objects move across the room.



Reaching

Tries to reach for things but doesn't always succeed yet.



Hand Fascination

Notices hands and starts staring at them in fascination.



Self-Awareness

Reacts to their own reflection.



Curiosity

Shows curiosity about different sounds and textures.

References

- References: American Psychological Association (APA), American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Zero to Three, HealthySteps.