



4 months

Eastbrook Family Health Center

29 Eastbrook Road
Ronks, PA 17572
(717)299-5711

My child's height _____ weight _____ % _____

Today's Vaccines _____

The newborn days are behind you. As your baby becomes more alert and mobile, each day will bring new and exciting adventures. Every experience—from cuddling before nap time to listening to a sibling's chatter—will help your baby learn more about the world.

From ages 4 to 6 months, your baby becomes more aware of his or her surroundings. Infant development milestones include rolling over, clapping hands and babbling.

Movement milestones

- Baby's arms and legs will wiggle and kick with more of a purpose
- Rocks on stomach w/eventually rolling over
- Better head control
- Raises head when lying facedown
- Pushing up on legs
- Grasps objects
- Transfers objects from one hand to the other

Visual and hearing milestones

- Begins to distinguish between strange and familiar faces
- Concentrates on a toy
- Studies fingers and toes
- Stares at his/her reflection
- Turns head toward bright colors, lights, or actions
- Clear vision

Social and emotional milestones

- Babbles, squeals, giggles, and laughs
- Imitates facial expressions and sounds

Developmental health watch

Your baby may reach some developmental milestones ahead of schedule and lag behind a bit on others. This is perfectly normal, and usually no cause for concern. But it's a good idea to be aware of warning signs. Consult your baby's doctor if you're concerned about your baby's development or you baby:

- Has stiff or tight muscles
- Seems extremely floppy
- Uses only one side of body or favors a particular arm or leg
- Hasn't shown any improvement in head control
- Doesn't respond to sounds or visual cues, such as loud noises or bright lights
- Resists eye contact

- Doesn't reach for objects or put objects in his or her mouth
- Doesn't attempt to roll over or sit

Additional Guidance

- Start reading to baby
- Talk to baby to encourage language
- Share music/game time with baby
- Take time to cuddle
- Diet-continue formula, breast milk. May consider introducing cereal at approx 5-6 months. Studies show earlier introduction of solids increase baby's risk for diabetes and obesity later in life.
- Baby should not receive any cold medicine. Humidifiers, nasal saline, bulb syringes are okay. Tylenol for fever is ok only at doses recommended by your doctor.

Source-www.mayoclinic.com
