

Development at 4 Months: What Your Baby Can Do



Highlights

By 4 months, many babies can pick up objects with their fingers and thumb, and try to put things in their mouths.

Babies at this age can show emotions like excitement, anger, and frustration, and may sometimes whine instead of crying.

Most babies will have doubled their birth weight by 4 months.

Your baby is due for their next round of vaccinations, which will include 2 injections and the oral rotavirus vaccine.

In This Article

What can my 4-month-old do?

How to support your baby's development

Signs of developmental concerns

Tools and assistance

What can my 4-month-old do?

At 4 months, your baby's coordination improves, and they will become more active and engaged with their surroundings. Their vision, touch, and hearing

skills will enhance, and they'll begin to move more.

You might notice that crying decreases as your baby is now able to communicate in other ways. Babies at this stage will gain between 0.45kg and 0.56kg per month and typically double their birth weight by 4 months.

Their bones are growing rapidly, and they will continue to lengthen. Your baby may also show interest in solid food and start preparing for chewing.

Additionally, it's time for your baby's next round of vaccinations, which include 2 injections and the oral rotavirus vaccine.

How can I support my baby's development?

Physical development

Your baby will begin picking up objects with their fingers and thumb, and will likely try to put objects into their mouth. Keep small objects away from them to prevent choking risks. By 4 months, babies may begin rolling over, sitting up, and may start crawling soon.

Cognitive development

Your baby's eyesight will improve, and they will begin linking what they see with what they hear, taste, and feel. This stage is essential for their overall sensory development.

Social development

Your baby will enjoy making eye contact, smiling, laughing, and "talking" with you. They may start engaging more in social interactions and responding to your expressions and sounds.

Emotional development

Your baby will start to show emotions such as excitement, anger, and frustration. They may whinge instead of crying when upset. Your baby might also smile or talk to their reflection in the mirror. Recognizing their cues for

hunger or tiredness will become easier.

Language development

At this stage, many babies will try to mimic sounds like "ah-goo" and squeal. They may begin saying "ma-ma" or "da-da," but they likely don't associate these words with you just yet.

Signs of developmental concerns

At 4 months, consult a doctor if your baby:

- Doesn't seem interested in their surroundings
- Doesn't recognize you
- Isn't making any sounds
- Doesn't open their fingers
- Doesn't kick their legs or keeps them bent most of the time
- Doesn't follow objects with their eyes or make eye contact
- Doesn't respond to sounds or isn't startled by loud noises
- Is mostly unhappy or unsettled

Tools and Assistance

If you are concerned or want to discuss your baby's development, the following resources may be helpful:

Pediatricians: They can provide professional guidance on your baby's growth and development.

Parenting groups: Connecting with other parents can provide support and advice.

Books and online resources: There are many books and websites offering tips on how to encourage healthy development.

Developmental assessments: Speech therapists, occupational therapists, or pediatric specialists can help assess your baby's progress.

If you're uncertain or have any concerns about your baby's development, consulting your doctor or healthcare professional is the best course of action.