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## 4 months

Your child's wellbeing always remains top priority in our office. We are here to support and answer your questions as your child grows. We specialize in using the most recent findings in development to treat children and, fortunately, we live in an area where the latest innovations and the most advanced treatments are available. Please call us anytime with your concerns, or use our patient portal to contact us online.

This is a guideline for developmental milestones for your child. Remember, children develop at different rates, and this is only a guideline.

### PHYSICAL AND MOTOR SKILLS

The typical 4-month-old baby should:

- Slow in weight gain to about 20 grams per day
- Double the birth weight
- Have almost no head droop while in a sitting position
- Be able to sit straight if propped up
- Raise head 90 degrees when placed on stomach
- Be able to roll from front to back
- Try to reach objects with hands (may overshoot)
- Hold and let go of an object
- Play with rattle when it's placed in the hands, but won't be able to pick it up if dropped
- Be able to grasp rattle with both hands
- Be able to place objects in mouth
- Sleep 9 to 10 hours at night with two naps (total of 14 - 16 hours per day)

### SENSORY AND COGNITIVE SKILLS

A 4-month-old baby is expected to:

- Have well-established close vision
- Increase eye contact with parents and others
- Have beginning hand-eye coordination
- Be able to babble and coo
- Be able to laugh out loud
- Anticipate feeding when able to see a bottle (if bottle-fed)
- Begin to show memory
- Demand attention by fussing
- Recognize parent voice or touch

### PLAY

You can encourage development through play:

- Place the baby in front of a mirror
- Provide bright-colored toys to hold
- Repeat sounds the infant makes
- Help the infant roll over
- Use a swing or stroller
- Play on the stomach (tummy time)

Please see the following website for a schedule of suggested vaccines:

<http://www.cdc.gov/vaccines/spec-grps/infants/downloads/parent-ver-sch-0-6yrs.pdf>