

Developmental Activities 4-6 Months

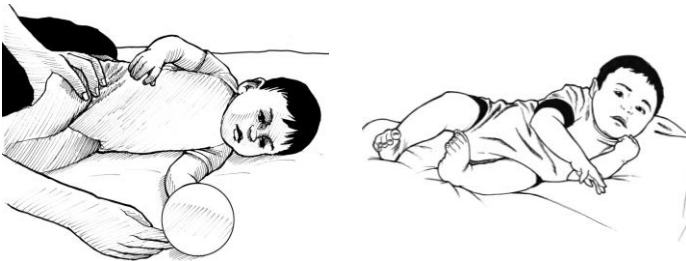
The following activities will encourage your baby's development from four to six months.



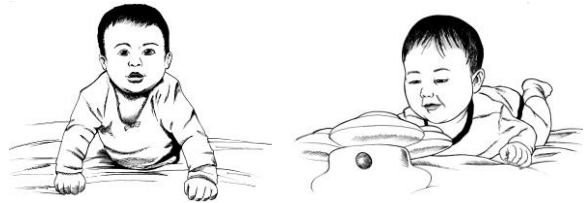
Hands to feet: While playing on their back, encourage your baby to lift their legs and reach for their feet. This will help them learn to roll.



Reaching for toys: Hold toys over your baby to encourage them to reach up. You can help them reach with both hands. You can also place your baby under a baby gym with colorful toys.



Rolling: Help your baby roll from their back to their front by gently turning them at their hip.



Prone on forearms to extended arms: Offer your baby toys above eye level so that they push up on their hands with their elbows straight. This will get them ready for pushing up on hands and knees.



Reaching in sitting: Help your baby reach for bubbles or colorful toys you place in front of them while holding your baby in sitting.



Supported sitting: Sit with your baby in front of you or on your lap, supporting them with your hands on their body to help them learn to hold themselves up.



The following is general information on a baby's development from 4-6 months.

Developmental Skills: These are abilities to encourage your baby as they grow.

Gross Motor skills: The ability to use large muscles or move your whole body like rolling, sitting, or standing.

- Your baby may be getting stronger and more active.



While lying **on their back** your baby may be able to:

- Bring their head in line with the middle of their body (midline)
- Actively reach for their face, body, and legs
- begin to roll to their side while reaching for their legs because their tummy is stronger
- play on their side and this will help with eye-hand coordination.



- “Tummy time” is when you put your baby on their tummy. It is highly recommended to be done several times a day when your baby is awake and being watched.

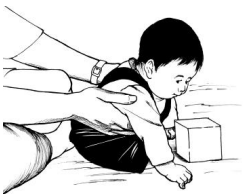
While on their **tummy**, they may

- initially push up on their forearms and then start to push up on their hands.
- start to push themselves backwards or up into an all-fours position.



In **sitting**, they may:

- be able to keep their head upright when given support
- Begin to prop on their hands
- be able to grasp toys and bring them to their mouth with support
- be able to **stand** with their hands held by someone.



- It is very important to hold your baby in different positions and allow your baby to have time to move freely, such as on a play mat. Limit the time your baby spends in positioning devices (products where they cannot move around) such as bouncers and swings.

- If your baby seems to **prefer one side**, there are several things you can do to help them turn to the opposite side:



- When you lay your baby down on their **back to sleep** be sure their head is turned to a different side each time.
- Put toys and mirror to the side they turn to less.
- Switch their head position when lying on their back or when in a positioning device (such as a car seat, swing, or bouncy chair).
- Switch the side you stand on for diaper changes, so your baby needs to turn to the opposite side to interact with you.
- Switch the arm you hold and carry your baby with.
- Switch the arm you hold your baby to bottle feed.

Fine Motor skills: The ability to use the small muscles in our hands to coordinate movement such as picking up little objects with our fingers.

- Your baby may begin to explore more with their hands. They may:

- Reach up to touch their face, body, hands, and legs
- Bring hands to midline and explore their fingers
- Start to pat their bottle and may even hold it.



- These activities may help them be aware of their body, help them explore objects by touching, and may help their hand development.
- Your baby uses their vision more to guide themselves when they reach, and they will become more accurate with reaching for toys.
- When grasping they may:



- Use their entire hand to grasp palm sizes objects and rattles
- Grasp strongly onto toys
- Bring toys to their mouth
- Hold the toy in one hand and touch it with the other

- While on their tummy they may start with pushing onto their forearms and progress to pushing up on their hands. This helps to shape their hands and helps their upper body become stronger.



Social/Interactive

- You can support your baby's social development by:
 - Providing them with light rattles or rings so that they can practice reach and grasp.
 - Providing them with toys they can chew on with different textures.
 - Your baby will put everything in their mouth so be careful with items you provide them.
 - Providing musical toys or toys with lights that they can turn on by touching.
 - Moving and bouncing your baby or lifting them into the air.
 - Playing other games like peek-a-boo.
- The American Academy of Pediatrics recommends that children under the age of 18 months should only use screens (tablets, phones, TVs, etc.) for video calls. For children 18-24 months, you may use screens to show educational programs for up to 1 hour.

Speech

- Your baby may continue to coo and start to make babbling sounds when interacting with you. They may recognize different tones of voice and use different cries to express different needs. They may blow bubbles on their lips and may smile when spoken to.
- Repeat your baby's laughter and sounds back to them.
- Read to your baby:
 - Use books with bright pictures
 - Point to the picture
 - Tell them the names of different items in the book
- Most importantly, enjoy the time you spend with your baby! Holding them, playing with them, and providing them with different experiences are the best things for them.

How to reach help

- If you have questions or concerns, please contact _____
- Department: (323) 361-2226
- Voice Mail: _____

Referral Information

Regional Center: _____

CCS: _____

***References available upon request**