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## Developmental milestones record - 4 months

Typical 4-month-old infants are expected to develop certain physical and mental skills. These skills are called developmental milestones.

### Information

All children develop a little differently. If you are concerned about your child's development, talk to your child's health care provider.

#### PHYSICAL AND MOTOR SKILLS

The typical 4-month-old baby should:

- Slow in weight gain to about 20 grams (almost two thirds of an ounce) per day or 1 and a third pounds (600 grams) per month
- Weigh 2 times more than their birth weight
- Have almost no head droop while in a sitting position
- Be able to sit straight if propped up
- Raise their head 90 degrees when placed on their stomach
- Be able to roll from front to back
- Hold and let go of an object
- Play with a rattle when it's placed in their hands, but won't be able to pick it up if dropped
- Be able to grasp a rattle with both hands
- Be able to place objects in the mouth
- Sleep 9 to 10 hours at night with 2 naps during the day (total of 14 to 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 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's 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 an infant swing at the park if the baby has head control.
- Play on the stomach (tummy time).
- Avoid television and other screen time until age 2 years.

## Alternative Names

Normal childhood growth milestones - 4 months; Childhood growth milestones - 4 months; Growth milestones for children - 4 months; Well child - 4 months

## References

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