

Baby Milestones By Age

4 Months Old

(Milestones reflect what most babies are beginning to do by this age.)



What this can look like in everyday life

- Your baby smiles when they see you or hear your voice
- They watch your face closely during feeding or play
- They begin cooing back when you talk to them
- They push up on their arms during tummy time

What most 4-month-olds are doing:

Social & Emotional

- Smiles spontaneously, especially at people
- Enjoys playing with others and may cry when play stops
- Begins to show excitement by moving arms and legs

Communication

- Makes cooing sounds like “oo” and “ah”
- Turns head toward sounds or your voice
- Begins simple back-and-forth vocalizing

Learning

- Watches faces closely
- Recognizes familiar people and objects
- Follows moving objects with their eyes from side to side

Movement

- Holds head steady without support
- Pushes up onto elbows during tummy time
- Brings hands to mouth
- Begins reaching toward toys

Early Learning Foundations

Your baby is beginning to learn that communication is interactive and rewarding.

- responding to voices and social interaction
- making sounds to get attention
- visually tracking people and objects
- beginning early cause-and-effect understanding

These early interactions are the foundation for language, play, and connection.

When to reach out to a professional:

You may want to consider speaking with a developmental professional if you notice:

- your baby does not smile at people
- they do not respond to sounds or voices
- they have difficulty lifting their head during tummy time
- they are not making sounds or cooing