



Did You Know AT 4 MONTHS I CAN –

- follow moving objects easily both near and from across the room.
- focus my eyes better at different distances, but I really like it best when people or objects are about 3 feet away.
- anticipate being picked up and almost understand when it's bath time.
- splash and kick in the bath.
- exercise when I kick my arms and legs. This is getting me ready for creeping and crawling later.
- sense your moods and react to your tenseness or anxiety.
- laugh when I'm tickled.
- grasp objects more easily.
- support the weight of my head and chest on one arm when I am on my tummy.
- roll from my back to my tummy. I will be able to roll from my tummy to my side in a few weeks.
- hold my head steady when I lift it. I can turn it in all directions.
- say "hey" a lot. "H" is my favorite consonant right now.

YOU CAN HELP ME LEARN & GROW! YOU CAN –

- give me toys that are safe to use and provide me with plenty of room to explore.
- play and spend time with me.
- talk, sing, and read to me.
- make sure I've had my shots.
- make sure I'm eating the right foods.

PLAY THIS GAME WITH ME!

"Tickle Me"

Babies love to be tickled gently. But looking forward to it is almost as exciting as the tickle itself. So, when you tickle your baby, try to build up the sense of anticipation by using singsong rhymes and involve the baby as much as possible using simple rhymes such as, "Stroke a bunny, stroke a bunny, tickle his little tummy." Repeat, using his arm, leg, hand, and so on. He will soon be giggling with delight as he waits to be tickled again.

WHAT LEARNING TAKES PLACE?

Learning to predict what is about to happen and taking appropriate action are a vital part of growing up. The constant back and forth and the shared enjoyment of tickling games help develop a baby's ability to communicate with people. And most important - it's fun for the baby and you! Later on, add finger-play rhymes.

"Learning to Hold"

Babies love banging things. So, give the baby a safe object to hold such as a plastic spoon or a cup. Make sure whatever object you give the baby is too large to fit into his mouth. Also, make sure everything has been cleaned with hot water and soap to keep the germs away. Things around the house can be used instead of buying toys.

WHAT IS THE BABY LEARNING?

He learns that when he hits things, he can make a noise happen. This teaches

cause and effect. Also, to grab hold of an object, he has to make more exact hand movements than when he simply hits at something.

Each child develops at his or her own rate. This information is meant only as a guide.

For more information on parenting, contact your county Extension office.



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Information Sheet 1637

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. JOE H. MCGILBERRY, Director (5M-6-03)