

## Your amazing baby 4-6 month milestones

### During 4th month

- can raise self up on arms from tummy
- may roll from side to side on tummy
- can sit for several minutes with support
- begins to grasp for objects
- chews on anything he\* can bring to his mouth
- repeats enjoyable acts like shaking a rattle
- enjoys watching his hands and feet
- reaches for an object and can grasp it
- babbles with pleasure using a few consonants
- smiles and coos when caregiver talks to him
- responds to continued warmth and affection
- expresses delight and can laugh
- enjoys the social aspect of feeding and bath time
- becomes unresponsive if left alone all day

### During 5th month

- can roll from tummy to back
- bounces up and down if held under arms
- pulls self up to a sitting position holding onto someone's fingers
- can sit with support, holds head up better
- sleeps through the night, takes 2-3 daytime naps
- begins to grasp objects with thumb and fingers
- moves an object between hands, drops it often
- recognizes and smiles when called by name
- smiles at self in a mirror, can laugh out loud
- can recognize people by their voices
- may show fear when separated from caregiver  
Answer your baby's cries.

***You can't spoil a baby with love!***

\* All tips apply to  
both boys and girls.

*More on back*



Hold me, love me, praise me so,  
teach me, hug me, watch me grow

### During 6th month

- rolls from back to tummy
- gets into a crawling position but falls forward
- can stand up with support
- pulls cloth from face
- responds to affection, pleasure
- grabs at any and all objects in reach
- studies objects intently and shakes them
- puts everything in his mouth
- drops objects on purpose
- makes more variety of sounds and volume
- "talks back" to speaker
- uses tongue to reject food
- brings hands together
- likes to play with children
- recognizes and reaches for mommy
- wants constant attention and may cry to get it
- might begin to cling to caregiver
- laughs and smiles when played with

### Give your baby

- a daily routine
- squeaky toys and dangling toys
- a teether to hold in his mouth
- classical music (play throughout infancy)
- nursery rhymes, books and conversation
- change in scenery both inside and outside
- plastic cups and pot lids, a ball to roll
- any safe object to examine: a cube, rattle, bell
- keep all small objects baby could swallow like buttons, safety pins, coins, etc. out of reach

### Feeding

Baby is not ready for solids until he starts teething and can sit up in a high chair. Starting solids early will not make a baby sleep through the night. When baby is real good at putting toys in his mouth, he can start having soft foods like mashed vegetables then soft fruit a month later. Discuss it first with baby's health provider or nutritionist. If you buy baby foods in stores, read the labels. Avoid foods filled with sugar or salt and may not have much nutrition. Mash up your own fresh foods or buy plain foods like squash or pears.

Children learn at their own pace, though most move through similar developmental stages. If you have concerns about your child's progress, contact your child's health care provider or look for an "Early Intervention" program in your community.