



Milestones Matter

Your Baby at 4 Months

How your baby plays, learns, speaks, acts and moves offers important clues about his or her development.

What Most Babies Do by 4 Months

Social/Emotional

- Smile spontaneously, especially at people
- Like to play with people and might cry when playing stops
- Copy some movements and facial expressions

Hearing/Language

- Begin to babble
- Babble with expression and copy sounds he hears
- Cry in different ways to show hunger
- Move their eyes in the direction of sound
- Notice toys that make sounds

Cognitive (learning, thinking, problem-solving)

- Let you know if they are happy or sad
- Respond to affection
- Use hands and eyes together
- Follow moving things with eyes from side to side
- Watch faces closely
- Recognize familiar people and things at a distance

Movement/Physical Development

- Hold head steady, unsupported
- Push down on legs when feet are on a hard surface
- May be able to roll over from tummy to back
- Hold a toy and shake it
- Bring hands to mouth
- When lying on stomach, push up to elbows

You Know Your Baby Best

It's important to act right away if you have concerns about the way your child plays, learns, speaks, acts or moves, or if your child:

- Is missing milestones
- Doesn't watch things as they move
- Doesn't smile at people
- Can't hold head steady
- Doesn't coo or make sounds
- Doesn't bring things to mouth
- Doesn't push down with legs
- Has trouble moving one or both eyes in all directions
- Move her eyes in the direction of sounds

You Can Help Your Baby Learn and Grow

Here are some activities to enjoy with your baby.

- Talk, read, sing and play together every day
- Smile while holding her and talking to her cheerfully
- Copy her sounds
- Act excited and smile when he makes sounds
- Give him age-appropriate toys to play with
- Play games such as peek-a-boo
- Put toys near her so that she can reach for them
- Put toys or rattles in his hand and help him to hold them
- Hold her upright with her feet on the floor and sing or talk to her as she "stands" with support

This information was adapted with permission from Centers for Disease Control and Prevention's milestone checklists and tips.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

If you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference! You can talk to your child's pediatrician, call your child's school district or area educational agency, or schedule a clinical hearing, speech-language, or developmental evaluation.

Clinical Evaluations

Boys Town National Research Hospital offers pediatric hearing evaluations. Call 531-355-6540 to schedule an appointment at the Downtown location or 531-355-6800 to schedule an appointment at the West location.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West
14000 Boys Town Hospital Rd., Boys Town, NE 68010

Boys Town National Research Hospital offers speech-language evaluations and therapy for children with communication concerns. Call 531-355-5087 to schedule an appointment.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531.355.3358 to schedule an appointment.

Boys Town Center for Behavioral Health
13460 Walsh Dr., Boys Town, NE 68010

Educational Evaluations

Your child may qualify for a free assessment through the school district or area educational agency in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287 or Iowa Early Access at 1-888-IAKIDS1.

Ashland-Greenwood Public Schools
402-944-7083

Gretna Public Schools
402-332-3265

Bellevue Public Schools
402-293-4000

Millard Public Schools
402-715-8302

Bennington Public Schools
402-238-3044

Northwest Area Educational Agency
712-222-6050

DC West Community Schools
402-359-2583

Omaha Public Schools
531-299-0242

Elkhorn Public Schools
402-289-2579 ext. 11000

Papillion-La Vista Community Schools
402-514-3243

Fremont Public Schools
402-727-3084

Westside Community Schools
402-390-2100

Green Hills Area Educational Agency
712-366-0503 ext. 7215

Yutan Public Schools
402-625-2141

