

A photograph of a baby being bathed in a white tub. The baby is looking towards the camera with a slight smile. A person's hands are visible, one holding a yellow sponge. The scene is brightly lit, likely from a window, creating a warm and intimate atmosphere.

# Growing

*Your baby  
at 4½ months*



very best baby™

## LIVING HAND TO MOUTH

Your baby has much better control of her hands now, and she picks up anything within reach to put into her mouth. This isn't a sign of hunger. Instead, mouthing objects is your baby's way of learning about them. Using only her mouth, she can tell the difference between round and square, bumpy and smooth. You can promote learning by providing your baby with safe, clean objects to explore this way.

Just keep in mind that Baby doesn't discriminate between safe and unsafe objects. Given the opportunity she'll also mouth items that can poison, choke, or injure. Don't take chances. Now is a good time to review the baby-proofing around your home. Look for

household poisons and objects that are small enough to fit entirely inside Baby's mouth, sharp enough to cut, or rough enough to irritate her skin. Then store such items out of Baby's reach.

## CHARM AND PERSONALITY

The older your baby gets, the more her unique personality emerges as well. She is less preoccupied with eating and sleeping and more attentive to all the fascinating things going on around her. Suddenly she has particular interests as well as definite likes and dislikes—and over the next few months, she'll become better at communicating them to you. *To learn more about your 4-month-old's development, visit [verybestbaby.com/4monthold](http://verybestbaby.com/4monthold)* 🍓

## MILESTONES: 4 1/2 months

*By 4 1/2 months your baby has learned a lot. Watch for these signs of her progress. Keep in mind that there are normal variations in the age at which these skills appear. Talk with your baby's doctor if you have any questions about Baby's development.*



PHYSICAL SKILLS

Starts to sleep through the night

Raises up on straightened arms and looks around while on her tummy

Rolls over from front to back or back to front



SOCIAL SKILLS

Squeals, laughs, grunts, and makes "raspberry" sounds

Soothes herself by sucking on her thumb or a pacifier

Begins to form separation anxiety



COGNITIVE SKILLS

Notices individual vowel and consonant sounds when you speak

Sees relatively clearly at a distance of several feet

Has a better understanding of cause and effect—she bats a bell, and it rings



### EAT

■ Teach your baby to bring the fingertips of one hand to her mouth



### SLEEP

■ Teach her to bring her open palm to her face, then move it down toward her chin as she closes her fingers into a fist



### HURT

■ Teach her to touch her index fingers together in front of her body

## BABY SIGNALS

*Baby sign language can give your little one a way to make her wants and needs known before she's able to speak. If you start now, Baby may be able to communicate using sign language as early as 10 months old. Some experts believe that it can strengthen the parent-child bond and even speed the development of spoken language. Always say the word out loud as you demonstrate the sign.*