

4 Month Visit



Label

Label objects and emotions—like, “That’s a bus! Look there is a tall tree” or “I hear you crying because you’re hungry and I’m almost done making your bottle.” This helps your baby learn new words and begin to understand his or her feelings.

Sleep

Try putting your baby to sleep drowsy, but awake. By learning to fall asleep on their own, without being in your arms, your baby is learning how to calm themselves down. This will help your baby sleep through the night too!

Praise

Get excited every time your baby laughs, squeals, or smiles. When you’re happy, he’s happy— and knowing that you are proud of him helps him to grow and develop.

Routines

Try to have your baby feed and sleep around the same time every day. This can make it easier for your baby to develop a routine and make them less fussy.

Match

Match your face to your baby’s! Smile when she smiles, make a sad face when she cries and giggle when she giggles!

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Dressing Play

Even if your child doesn’t seem to understand, tell them everything you’re doing as you get them ready in the morning. Start with how you picked their clothes and go from there. Make eye contact and respond back to the sounds they make.

Suggested Age

Vroom is not a diagnostic tool. For more info ask your child’s doctor.

0 -12 months

Brainy Background™



Think of yourself as a sports announcer—one who responds back with sounds and faces. These back-and-forth conversations are helping them bond with you and begin to associate words with their experiences.

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