

# Help Your Baby Learn and Grow



You can help your baby learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 4-month-old baby today.

## What You Can Do With Your 4-Month-Old:

- Hold and talk to your baby; smile and be cheerful while you do.
- Start regular routines for sleeping and feeding.
- Pay close attention to what your baby likes and doesn't like; you will know how best to meet his needs and what you can do to make your baby happy.
- Copy your baby's sounds.
- Act excited and smile when your baby makes sounds.
- Have quiet play times when you read or sing to your baby.
- Give age-appropriate toys to play with, such as rattles or chew toys.
- Play games such as peek-a-boo.
- Provide safe opportunities for your baby to reach for toys and explore his surroundings.
- Put toys near your baby so that your child can reach for them or kick with feet.
- Put toys or rattles in your baby's hand and help him to hold them.
- Hold your baby upright with feet on your lap, and sing or talk to your baby as they "stand" with support.

Positive Early Experiences  
Build Better Brains