

Begin now... Learn what I can do. I'm now 4 months old!

Talk

I am starting to socialize by smiling, babbling and laughing. I now have more ways to communicate my needs and will respond to you with a smile.

- I like to copy your words by making sounds. Talk to me face to face, sing songs and nursery rhymes. Read books to me. The sound of your voice makes me feel good inside. Call me by my name and soon I will respond when you call me.
- Read to me daily from simple board books.
- Talk to me about everything that we are doing and change the sound of your voice. Have "conversations" with me and wait for a pause in my babble to "answer."

Play

I am starting to hold things in my hand. I can lay on my tummy with my chest up and my weight on my extended arms. I have fairly good head control. I am starting to roll from my tummy onto my back.

- I still need tummy time. Place me on the floor on my tummy or back with toys that I can hit, grasp and squeeze. I like to be close to you on your lap.
- I am becoming more interactive. I enjoy playing with you and my toys. Play 'Peek-A-Boo'. Try placing your hands over my eyes and then lift them off with a smile.



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Learn

I love to explore. I want to know about everything in my world.

- Keep a supply of rattles, noisy toys and shakers on hand for me. I like colours, patterns and shapes of different toys. By reaching and grasping for things, I learn about touch, shape and texture.
- I am learning that I trust you and you love me. When I cry, I need you to come to me in a gentle way. My brain is developing well because you make me feel good when you talk and play with me.
- I am starting to have a pattern of activity but this may change frequently, especially my sleeping habits. Please don't get frustrated with me.
- I can express more emotions now, such as feeling happy, excited or tired. I am able to interact with you for longer periods of time than I could before.

Children are always learning to do new things as they move through different stages of development. As your child grows, contact Durham Region Health Department for more information.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/health

Dial 311 (within regional limits)



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If you require this information in an accessible format, contact 1-800-841-2729.

