



Every child blooms at their own pace

Milestone Tracker: 4 Months

Movement/Physical Development Milestones

- Holds a toy when you put it in her hand
 Yes Not Yet In Progress
- Pushes up on onto elbows /forearms when on tummy
 Yes Not Yet In Progress
- Uses her arms to swing at toys
 Yes Not Yet In Progress
- Brings hands to mouth
 Yes Not Yet In Progress
- Holds head steady without support when you are holding her
 Yes Not Yet In Progress

Cognitive Milestones (learning, thinking, problem-solving)

- If hungry, opens mouth when she sees breast or bottle
 Yes Not Yet In Progress
- Looks at his hands with interest
 Yes Not Yet In Progress

Language/Communication Milestones

- Makes sounds like “oooo”, “aahh”
 Yes Not Yet In Progress
- Makes sounds back when you talk to him
 Yes Not Yet In Progress
- Turns head towards the sound of your voice
 Yes Not Yet In Progress

Social/Emotional Milestones

- Smiles on his own to get your attention
 Yes Not Yet In Progress
- Chuckles (not yet a full laugh) when you try to make her laugh
 Yes Not Yet In Progress
- Looks at you, moves or makes sounds to get or keep your attention
 Yes Not Yet In Progress

Parent Reflection Section

My Observations & Notes:

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My Child's Brightest Moments This Month:

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This developmental milestone tracker is intended for general informational and educational purposes only. It is not a substitute for a validated screening or diagnostic tool, nor does it replace professional medical advice, diagnosis, or treatment. Every child develops at their own pace, and variations can be normal. If you have any concerns about your child's development, please consult your pediatrician or a qualified healthcare provider.

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Visit www.bizobaby.com for more tools and support