Ages and Stages:
1 to 4 Months

Your baby will be spending more time awake than ever before. He or she will take more notice of the surroundings. During this time your baby begins to develop trust and an emotional attachment to you. Helping babies feel safe and cared for is important to help them grow strong and healthy.

Look at your child grow!

When your child is around 1 month old, he or she may:

- get hungry every 2 to 4 hours.
- enjoy being held and rocked.
- notice faces when they are in the direct line of vision.
- focus on objects 7-15 inches away.
- raise his or her head just a little when lying on tummy.

When your child is around 2 months old, he or she may:

- smile, gurgle, and coo when happy.
- stay awake as long as 10 hours a day.
- roll part way to the side when on his or her back.
- recognize different people and voices.
- follow light or bright objects with his or her eyes.
- react to distress by crying.
- still have a wobbly head that needs support.

When your child is around 3 months old, he or she may:

- follow you with his or her eyes when you move around.
- hold up his or her head.
- hold on to objects you put into his or her hands.
- coo and make simple sounds.
- NOT like to be left alone.

When your child is around 4 months old, he or she may:

- sit up for a short time if you support his or her body.
- babble, make sounds and laugh out loud.
- use eyes and hands together.
- put things in the mouth.
- recognize familiar toys, objects, and faces.

Your baby wants you to know several things. He or she:

- will learn best when you let him or her see, touch, taste, smell and listen to new things.
- needs your loving, playful attention much more than fancy toys and special clothes.
- enjoys looking at faces. Babies also enjoy looking at themselves in the mirror.
- needs toys that are safe for them to play with. Such toys are clean, lightweight, and big enough so they cannot put them into their mouths or ears or nose.
- enjoys it when you rock, cuddle, talk or sing with him or her. A good time to do this is while you're feeding or changing the baby.
- enjoys being talked to. Call your baby by name and describe your love.
- needs you to respond quickly when he or she needs food or comfort. That will help them learn to feel safe and secure.
- is different. If you watch your baby closely, you will get clues about how he or she likes to be handled.

Your child is an active learner who:

- thinks about the things he or she can see.
- will start noticing his or her own movements, such as waving arms and kicking legs.
- will try to repeat accidental movements that interest him or her.

Your child is learning to connect with other people and may:

- enjoy familiar routines.
- begin to like a little more variety in what he or she can see.
- recognize familiar faces and voices.

Play helps your child learn. He or she may:

- entertain him or herself with fingers, hands, and toes.
- play with different objects in the same ways. The baby may bang or drop or shake or suck them no matter what they are.

Your child may enjoy toys and activities such as:

- Rattles
- Rings
- Squeeze or sucking toys
- Lullabies
- Nursery rhymes
- Bright pictures of faces hung so baby can see them
- Board or vinyl books

* The information is considered typical for this age. If you have questions about your child's development, contact your pediatrician or health care professional. If we do all we can do to help children develop and grow now, they will have the best chance to succeed in life.

Adapted from Alabama Cooperative Extension System by Traci Johnston. Originally developed by Ellen Abell and H. Wallace Goddard.