

# Baby development

## 4 to 5 months

### What you can do to help your baby's development

- Play together – sing, read, do tummy time and make funny faces.
- Make eye contact, talk, listen and respond to your baby's sounds.
- Have daily routines.
- Look for and respond to your baby's cues.
- Comfort your baby when they cry.
- Make sure your baby has their routine health checks.

### When to seek professional help at 4-5 months

Your baby:

- isn't making sounds or responding to noises
- isn't smiling or following you with their eyes
- isn't rolling or lifting their head or has poor head control
- isn't reaching for objects or putting them in their mouth
- cries a lot and this worries you.



If you're worried about your baby's development or your baby has lost skills they had before, talk to your child and family health nurse or GP.



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