

# Getting to Know your 4-5 month old

## How can I help my baby learn?

Your baby is changing every day! She watches you and likes to show you what she is learning. She may use noises to get your attention so she can smile at you. She likes games that let her predict what happens next. Many babies like playing peek-a-boo. She is very interested in what is happening around her. You help her learn when you sing, read, and let her hold toys. She will put things in her mouth to explore them. Make sure to keep small or dangerous items out of her reach.



## Why does my baby reach for food?

Your baby is getting better at reaching out and grabbing things. He will use his hands to touch and hold things whenever he can. He will reach for things that are new or interesting. He will try to put things in his mouth. This doesn't mean he is hungry. When he is hungry, he will use hunger cues. Putting things in his mouth is one way he learns about his world. You must make sure that he only puts things in his mouth that are safe for him.



## Why is my baby getting frustrated?

Learning is your baby's most important job! He is learning to use his arms and hands and how to make different noises. He is learning to roll over, sit up, and move by himself. He must practice his new skills. Sometimes, he may be frustrated when he can't do what he wants. This is normal. Make sure he has lots of time to practice. Keep safe things near him that he can reach for and hold. Let him play in a safe place on his tummy each day. He will get stronger and better at using his new skills. He will be happier too.



# Why does my baby stop eating before she's done?

Your baby wants to know more about everything around her. Now, she has more control over her body. Her vision has improved, so she can see things that are not close to her. She may stop eating when she hears noises or sees things move nearby. Many things will distract her. If she is still hungry, she will start eating again as soon as she knows what is going on around her.



## Why does my baby sometimes wake more often?

Your baby is sleeping more at night than she did when she was a newborn. You may wonder why she wakes up more often on some nights. Don't worry, she is not going to wake as often as when she was a newborn. She may be growing faster and will need more to eat for a few days. Your baby may have had a very busy day with many new things happening. Maybe you are visiting family and your baby is sleeping somewhere new. New things and new places can make your baby restless. This may happen to you too. Your baby may be sick and uncomfortable. Some babies wake up more when they are teething. All of these reasons may make your baby wake up more often for a short time.

## How will my baby's sleep change?

You may have noticed some changes in how your baby sleeps. If not, you will soon! Around this age, babies start sleeping for longer stretches of time and they sleep more at night. Your baby will have longer periods of deep sleep. He'll still dream a lot, but when he's in deep sleep he won't wake as easily as when he's dreaming. If he falls asleep in your arms, wait for signs of deep sleep before putting him down. It won't take long and it will help him stay asleep as he's moved from your arms into his crib. He'll still wake during the night, but it won't be as often as when he was younger.