

# BASICS INSIGHTS

## 4 MONTHS

Science-based facts and suggested activities to boost your 4-month-old's brain development and learning!

**FACT** A big breakthrough for infants is learning that things still exist even when they're out of sight.

### TRY THIS

- Find moments to play a fun game of "peek-a-boo." Hide your face with your hands, and then open them up to show a big smile.



**Explore  
Through  
Movement  
and Play**

**FACT** Babies naturally imitate other people's facial expressions and sounds.

### TRY THIS

- Smile and wait to see if your baby smiles back. Or stick out your tongue a little.
- Give your baby enough time to respond. React with pleasure when they do.
- Go back and forth.



**Talk, Sing,  
and Point**

**FACT** Every day, your baby is working hard to learn new things and master new skills. Celebrate these accomplishments!

### TRY THIS

- If your baby tries to roll over or use another physical skill, encourage them.
- If they succeed, give a big smile and a kiss. Say, "Hurrah! What a strong baby! You're learning so much."



**Maximize Love,  
Manage Stress**

# The Basics Principles are 5 FUN, SIMPLE, POWERFUL WAYS

To give your child a great start!



**Maximize Love, Manage Stress**

Children thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to show your love. You will help them develop a sense of security and self-control.



**Talk, Sing, and Point**

Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and point to help them know what you are talking about.



**Count, Group, and Compare**

Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.



**Explore Through Movement and Play**

Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



**Read and Discuss Stories**

Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. Talk about the pictures. Make it fun.



[TheBasics.org](http://TheBasics.org)