

# 4 MONTH VISIT

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- 1 LABEL** Label objects and emotions – like, “That’s a bus! Look there is a tall tree” or “I hear you crying because you’re hungry and I’m almost done making your bottle.” This helps your baby learn new words and begin to understand his or her feelings.
- 2 SLEEP** Try putting your baby to sleep drowsy, but awake. By learning to fall asleep on their own, without being in your arms, your baby is learning how to calm themselves down. This will help your baby sleep through the night too!
- 3 PRAISE** Get excited every time your baby laughs, squeals, or smiles. When you’re happy, he’s happy – and knowing that you are proud of him helps him to grow and develop.
- 4 ROUTINES** Try to have your baby feed and sleep around the same time every day. This can make it easier for your baby to develop a routine and make them less fussy.
- 5 MATCH** Match your face to your baby’s! Smile when she smiles, make a sad face when she cries and giggle when she giggles! See below to learn why it’s important and what you can do.

## Faces Game



Vroom™ Tip: Like you, children experience many different emotions every day. Sit your child on your lap facing you. Make faces to imitate how your child seems to be feeling in this moment. Talk to them about why you’re making those faces. “You’re smiling and seem happy, and I am smiling and happy too.”

## Brainy Background



Copying the faces your child makes, and talking about how they are feeling, helps them learn to express they think and feel. These “conversations” help them learn about others’ thoughts and feelings too! For more tips like these, download the free app at [www.Vroom.org](http://www.Vroom.org)!