Your Supported Sitter's impressive progress

Rev those motor skills

Your baby’s got moves, and you’ve got a front row seat! Supported Sitters build their motor skills and muscles by lying on their tummies and sitting up with support. Kiddo can push up while on their tummy, sit up, turn their head and look around. Talk to your pediatrician if you have any concerns about your baby’s development.

Getting a taste of solids

Now that they’re starting to control their mouth, your Supported Sitter may be ready to start some yummy solids. Before, their tongue could only push food out. Now it can move from front to back to swallow (they still might push food out, though). Your baby’s gag reflex is getting better, so they can control what they swallow. Supported Sitters can recognize the plate and utensils, so try using the same ones to get them excited for yummy foods. For more information check out "Learning how to eat."
**Chatty baby**

Your baby’s learning that you’ve got stuff to say, and they want to join in on the fun. Right now, their interactions mean lots of crying, but that doesn't mean they aren't listening to you. They'll start to understand that different cries can mean different things at around 4 to 6 months. Then, when your Supported Sitter babbles, they’re imitating your sounds, pitch and rhythm. Try supporting their sounds with words that include the same noises. So, when they say “da,” you say, “daddy.”

**Seeing the world**

You could probably stare at your baby all day, but they’re actually just starting to make out what you look like. At four months, your baby can see a few feet away, different colors and some depth. Their vision is important for their motor skills and brain development as they start to follow objects with their eyes. They’ve gone from holding things involuntarily to *choosing* to hold things on their own. They’re getting ready to grab those toys!