

# 4 Months: Typical Movements

## In Supine, Prone, Side Lying, Sitting, and Standing

### Supine



- Head maintained in midline, back of neck lengthened, active chin tuck with downward visual gaze exhibited.
- Trunk balanced and active. Will play with hands to knees and may roll to side lying.
- Arms easily move off surface. Will see reaching and grasping.
- Legs flexed and rotated out. Increased activity of stomach and back muscles during kicking.

### Prone



- Lifts and sustains head lift to 90 degrees in midline for long periods of time.
- Trunk muscles increase in strength, balance and activation. Able to prop on forearms with chest off surface.
- Props with elbows in front of shoulders; able to slide arm on surface to reach.
- Hip and knee extension continue to increase and moving towards midline. Alternating leg kicking present.

### Side Lying



- Head easily lifts off surface. Head turning initiates rolling.
- Trunk muscles stronger and baby able to maintain position independently. May roll to back or stomach with trunk moving as a unit.
- Arms more active. Hands open and come together in midline. Grasps and brings toys to mouth.
- Legs more active with increased kicking. May place foot of top leg on surface.

### Sitting



- Head held over trunk for prolonged periods. When shifting to one side, will see a tilt of head to opposite side.
- Trunk inclined forward. Has strength and balance to move in more upright position with lighter support from caregiver.
- Arms held close to body as arms/hands move against gravity. When supported, able to briefly reach and hold toy.
- Legs flexed at hips and knees. Legs rotated out and may move off surface.

### Standing



- Head control sufficient to hold upright over trunk. May exhibit active chin tuck.
- Balance of symmetric trunk flexion and extension. Front to back and side to side movement of trunk and hips over feet.
- Arm movement limited because they're assisting with postural control.
- Weight bearing with feet flat on surface, knees slightly flexed with variable leg movement. May see toe curling.