



The Bottle Is Coming

When your baby becomes upset before a feeding, offer gentle touch, predictable words, and steady company as you move through the feeling together.

Helps Your Child Grow



Emotional & Behavioral Self-Regulation

Gentle responses, simple previews, and your continued presence help your baby experience calming with adult support.



Attending and Understanding

Listening to your words, tone, and expression helps your baby become familiar with signals that feeding is about to begin.



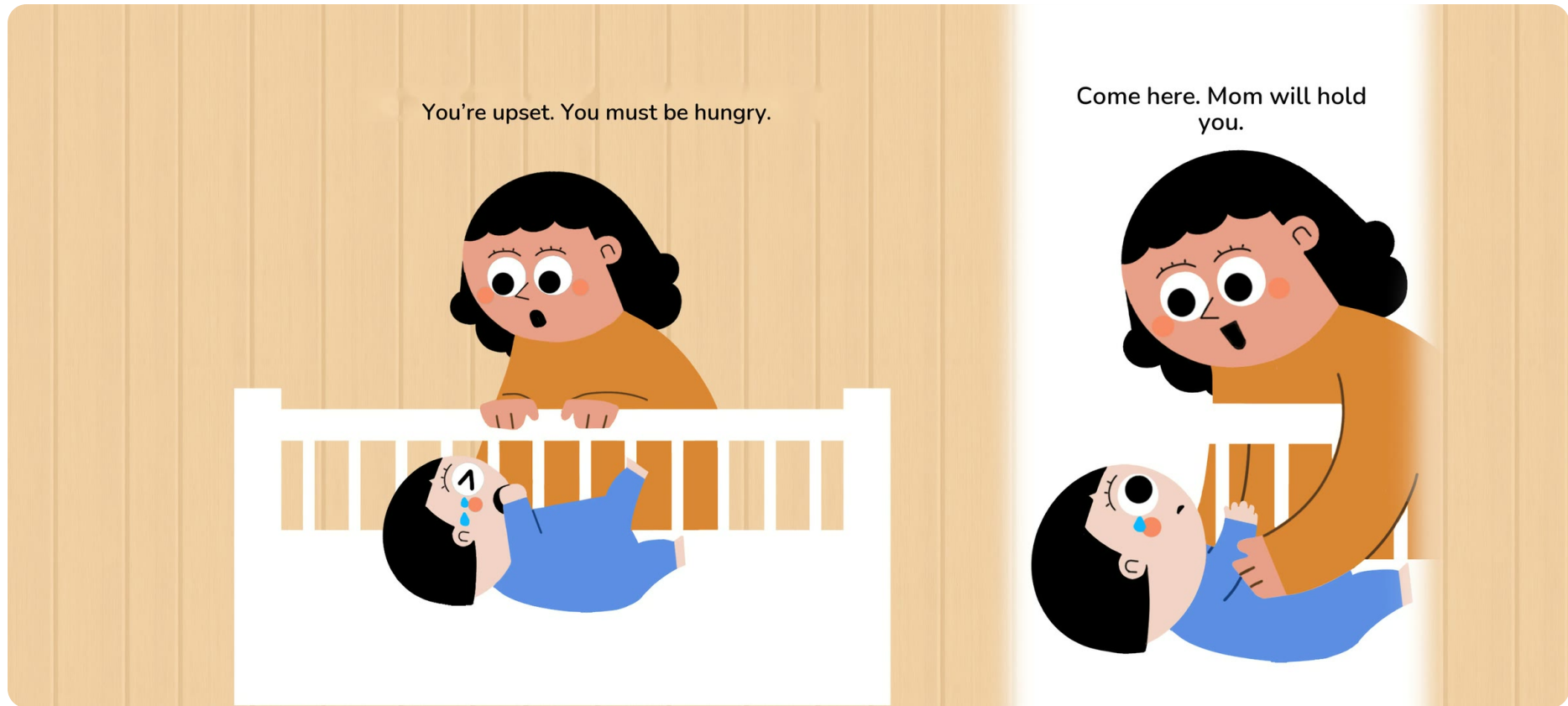
What You'll Need



Baby
Bottle

What You'll Need

1. Your baby's bottle



What Does Your Baby Need?

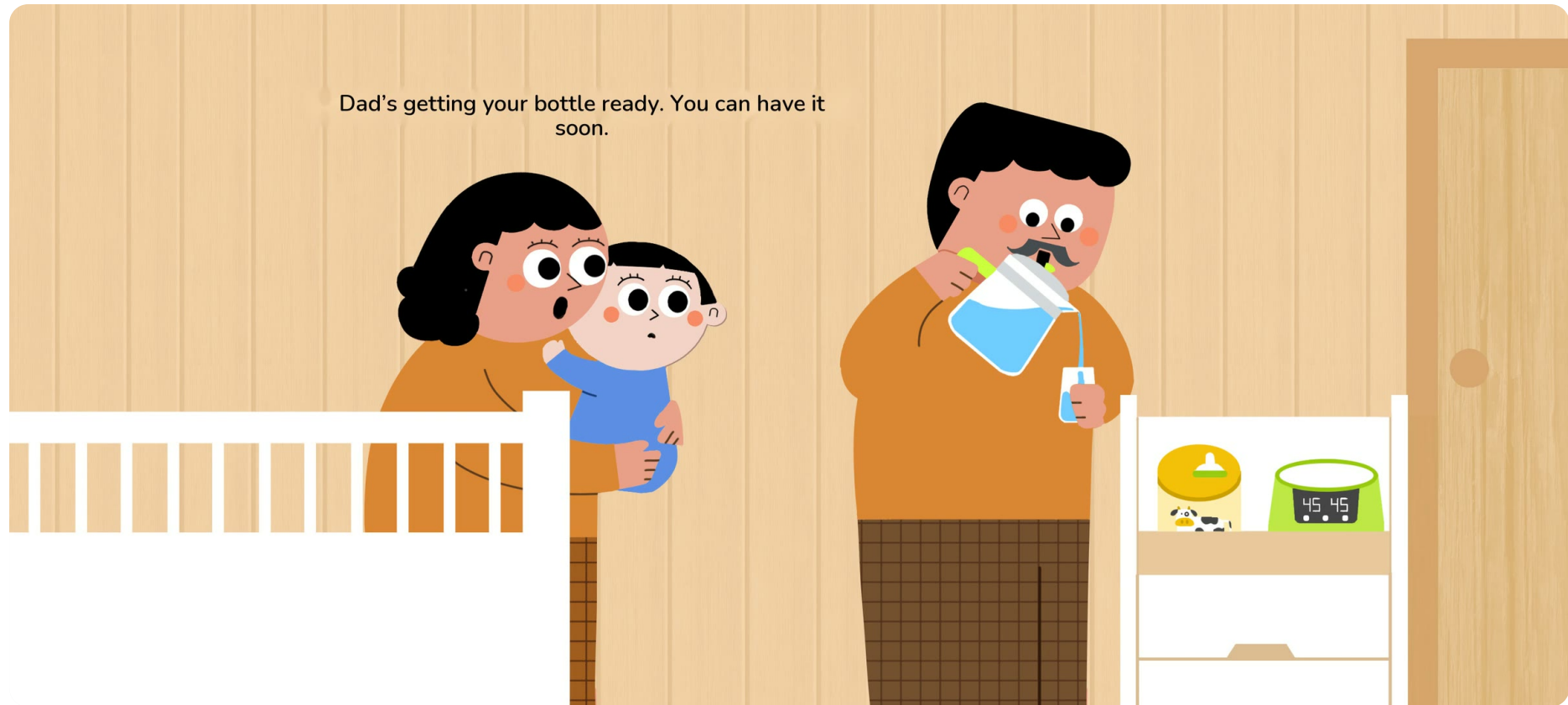
Four-month-old babies may cry hard when they are ready to eat. Move close, touch your baby gently, and let them know you are there. Put their need into words: "You're ready for milk, aren't you?" Your calm response can help your baby begin to relax.

Observations

- Uses crying to communicate hunger
- Cries less intensely when you pick them up

Tips

- At four months, babies communicate needs through cries and movements. A prompt response supports secure attachment and emotional safety.
- Turning toward your chest and making sucking movements can be your baby's way of saying, "I'm hungry."



Milk Is Almost Ready

While one caregiver prepares the bottle, the other can hold and comfort your baby, letting them watch what is happening. Say, “Your milk is almost ready.” Your presence, response, and the sight of the bottle being prepared can make a short wait easier.

Observations

- Looks toward you to ask for continued comfort
- Looks at you after hearing “Almost ready”

Tips

- Your baby may understand only a little language, but hearing the same gentle, predictable phrases helps daily events become familiar and the wait feel more manageable.
- Repeat a short phrase during preparation, such as “Just a little wait” or “Milk is coming,” to connect the words with what happens next.
- While your baby waits, hold them close, sway or walk gently, speak softly, pat their back, or use a pacifier briefly if that is already part of your routine.



Calm Returns

After the feeding, stay close and interact with soft touch or quiet conversation. Accompany your baby as the upset feeling gradually fades.

Observations

- Gradually calms during the feeding
- Smiles at you after finishing the feeding

Tips

- Each time your baby moves from crying to being comforted, fed, and calm with adult support, they practice #ATL-EBSR.
- At four months, babies rely heavily on adult comfort such as holding, rocking, feeding, and a gentle voice.
- When emotions are reaching a peak, care for yourself too. If your baby is in a secure place, pause briefly or take a few deep breaths before returning.
- Repeated experiences of being supported through distress gradually become part of how your baby learns to regulate emotions.