

HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 6-month-old—a great way to have fun together and encourage your child's healthy development.



While sitting on the floor, place your baby in a sitting position inside your legs. Use your legs and chest to provide only as much support as your baby needs. This allows you to play with your baby while encouraging independent sitting.

Gently rub your baby with a soft cloth, a paper towel, or nylon Talk about how things feel (soft, rough, slippery). Lotion feels good, too.

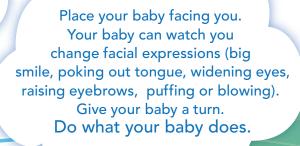
Play voice games.
Talk with a high or low voice. Click your tongue. Whisper. Take turns with your baby.
Repeat any sounds made by him.
Place your baby so that you are face to face—your baby will watch as you make sounds.

Common household
items such as measuring spoons
and measuring cups make toys with
interesting sounds and shapes.
Gently dangle and shake a set of
measuring spoons or measuring
cups where your baby can reach
or kick at them. Let your baby hold
them to explore and shake, too.

With your baby lying
on his back, place a toy
within sight but out of reach,
or move a toy across your baby's
visual range. Encourage him
to roll to get the toy.

Your baby will like
to throw toys to the floor.
Take a little time to play this
"go and fetch" game.
It helps your baby to learn to
release objects. Give baby a
box or pan to practice
dropping toys into.

Place your baby in a chair or car seat to watch everyday activities. Tell your baby what you are doing. Let your baby see, hear, and touch common objects. You can give your baby attention while getting things done.









Try these activities with your 6-month-old—a great way to have fun together and support your child's social-emotional development.



Get down on the floor with your baby and play with him on his level. Look at toys, books, or objects together. Have fun, laugh, and enjoy your time together. rhythms, and try to settle into a regular routine for eating, sleeping, and diapering.
Talk to your baby about his routines.
This will help your baby feel secure and content.

Learn your baby's special

Bring your baby to new places to see new things.
Go on a walk to a park or in the mall, or just bring him shopping. He will love to see new things while you keep him safe.

her ear to quiet her. Hold her close and make soft sounds. This will help her know that you are always there and that you love her.

When your baby cries,

respond to her. Whisper in

Let your baby begin to feed herself bits of food and use a spoon and a cup. She will begin to enjoy doing things herself.

Use your baby's name when you dress, feed, and diaper him. Say, "Here is Dusty's finger. Here is Dusty's foot."



Visit a friend who has a baby or young child.
Stay close to your baby and let her know that these new people are okay.
It takes a little time to warm up.

Bath time* is a wonderful time to have fun and be close with your baby. Sponges, plastic cups, and washcloths make simple, inexpensive tub toys.

*Be sure to review safety guidelines with your health care provider.