

# What's Up? Your Baby's Development



PEDIATRIC CARE • SUPPORTING • PARENTING  
A Program of ZERO TO THREE

## 6-Month Visit

Your baby is watching and learning from you.

### 6–9 MONTHS: What's Happening?

#### What Your Baby Can Do

**I am learning to think and solve problems.**



- When a toy drops to the floor, I look to see where it went.
- I figure out how things work by copying what I see others do.

**I can control my body.**

- I am starting to use my thumb and other fingers to pick up small objects.
- I can sit on my own, which helps me explore in new ways.
- I may crawl or scoot to get around. I may even pull up on furniture to stand.

#### What You Can Do

**Comment on what your baby does to make things happen.** “You used your smile to let me know you wanted to keep playing.”



**Let your baby explore interesting objects—nesting plastic measuring cups are fun.** Or drop a small toy into the bath and watch the waves.

**Begin letting your child practice picking up baby-safe foods** such as small pieces of soft fruit if you would like them to learn to feed themselves.

**Give your baby time and space to move around on their own, while you supervise.** This builds muscle strength and coordination.

*As you use the HealthySteps handouts, remember that your child may develop skills faster or slower than noted and still be growing just fine. Every child develops at their own pace. Your HealthySteps Specialist will be available to answer any questions. Your family's cultural beliefs and values are also important factors that shape your child's development.*

## What's Happening?

### What Your Baby Can Do

**I am working hard to communicate with you.**

- I babble a lot. When someone talks to me, I might make sounds back.
- I use my voice to express feelings, such as joy and anger.
- I copy actions you make such as waving “bye-bye” and shaking my head “no.”

**My personality is starting to show.**

- I may love to meet new people or may need time to feel comfortable with someone I do not know yet.
- I may like lots of sound and activity, or I may prefer things to be quiet and calm.
- I may be very active or more interested in watching.

### What You Can Do

**See how your baby reacts to sounds, sights, and social activity.** What do they seem to enjoy? What do they seem to dislike or get overwhelmed by?

**Use words to describe your baby's feelings.** Say, “You are mad because Daddy took away the crayon. You can chew on this rattle instead.”

**If your baby is looking at something, point at it and explain.** Say, “That’s a fan. It keeps us cool.”

**Copy your baby's sounds and actions.** If they wave, wave back and say “Hello!”

**Notice how your baby likes to play and explore.** Do they like to move, or do they prefer to sit and watch the world around him?

## Other Things to Know and Try

At this age, babies begin to look to loved ones for clues about how to feel about a situation. For example, when a new person comes to the house, your baby looks to you to see how you respond first. *Are they smiling and happy? Is this person OK? Can I trust them?* To help your baby adjust when meeting a new person, show with your face, voice, and actions if that the person is welcomed and trustworthy.

*At this visit the pediatric team will measure your baby's length, weight, and head. They will listen to your baby's heart and look at their eyes, ears, nose, and mouth. Your baby will get any needed vaccines. We will talk about your baby's development and routines such as sleeping and eating. We will also review safety tips. And, of course, we will make time to discuss any questions or concerns you might have!*