

Six – Nine Months

This brochure looks at the 'normal' developmental milestones of your child & ways to promote their development through play. Remember all children are different, and develop at varying paces. Consult your child health nurse if you have concerns.

Development

Physically (motor)...

- ◆ May start to crawl
- ◆ Learning to balance
- ◆ Pincer grip (tip of thumb to finger)
- ◆ May start to crawl and roll over
- ◆ Drinks from a cup but likely to spill it
- ◆ Can feed self a biscuit

Intellectually (cognitive)...

- ◆ If something is dropped or removed they will look for it (object permanence)
- ◆ Always picking up and exploring things, especially with their mouth

Socially & emotionally...

- ◆ Responds to familiar voices and may show distress if approached by strangers
- ◆ Enjoys interaction with other children
- ◆ Can distinguish between people

Creatively (communication)...

- ◆ Imitates sounds
- ◆ Enjoys listening to singing

Common 'normal' problems

- ◆ Cries bitterly if parent disappears (do not understand yet that she will come back)
- ◆ 'Messy eater'; may spill drink, eats with fingers








Importance of play

Children need to play so they can develop their communication skills, emotions, motor skills, thinking and social skills.

Please turn overleaf for some ideas to encourage your child to play.

W a y s t o e n c o u r a g e p l a y

The following activities are only some suggestions on how to encourage your child to play and learn. Be creative and imaginative!

| Activity | Materials you need | What to do and how to do it |
|--------------------------------------|---|---|
| FLOOR PLAY | Plenty of colourful toys of different textures  | Ensure baby has plenty of time to play on the floor; place toys and colourful objects around baby so they will need to move to reach them. Say the names of the toys they touch. |
| FILL AND EMPTY | Plastic containers, blocks  | Give your baby different size plastic buckets/containers, and give them some blocks to fill the container with. Watch them empty it and start over again. |
| TUG OF WAR | Strong scarf / unbreakable toy  | Hold the object in front of your baby, within its grasp. When the baby grabs onto it and tries to pull it, move it slightly away so the baby will have to pull harder. If the baby makes an effort to pull, give them the toy to play with as a reward. |
| CHASING |  | Get low down on the ground with your baby on all fours; give them a head start to crawl, then crawl after them! |
| HIDING TOYS | Various bright coloured toys | Let your baby play with a toy for a moment, then hide it from their view somewhere nearby; let them watch you as you hide it, then encourage them to go and find it. |
| LEARNING TEXTURES AND OBJECTS |  | Take your baby outside and sit on a blanket; let the baby touch different textures (grass, sand, leaves, etc), and name these things, as well as other passing objects (bike, bus). |