

## WAYS YOU CAN HELP YOUR BABY

- provide a safe place to practice moving with interesting objects to reach for or move toward
- never leave baby unattended on a changing table, bed or other high surface, as he/she is now learning to roll
- support sitting by placing pillow behind baby's back. watch baby closely
- talk to your baby a lot when you are washing, dressing or feeding him/her. Describe what you are doing
- read to your baby
- sing songs or nursery rhymes
- play games like peek-a-boo and pat-a-cake
- show your baby picture books and talk about what you see
- face your baby when you are talking to him/her
- speak back to your baby when he/she makes sounds
- show your baby him/herself in a mirror

## AT 6 MONTHS YOUR BABY SHOULD:

- laugh, squeal when happy
- show interest in activities around him/her

## CONTACT YOUR PUBLIC HEALTH NURSE OR DOCTOR IF:

- ... at 6 months your baby:
  - has stiffness and/or tight muscles
  - always keeps head turned to one side
  - has extreme floppiness
  - cannot bring objects to his/her mouth
  - does not smile or make babbling sounds when awake
  - does not react to your voice or other sounds

Acknowledgements: Rehabilitative Services,  
Western Health and  
Janeway Outreach Program



2013

CHILD DEVELOPMENT

## YOUR DEVELOPING BABY

### 6 MONTHS



By 6 months, many children will be doing the things listed here. It is important to remember, however, that each child develops at his or her own rate. Premature babies may also reach their milestones at a later age.

At the end of the pamphlet you will find ways you can help your baby learn these new things.

## LEARNING TO MOVE

At 6 months, your baby should:

- hold head and chest up when lying on tummy by pushing with arms
- Be learning to roll in at least one direction
- sit with support on the floor, turning head to look around

## SEEING & USING HANDS

At 6 months, your baby should:

- pass toys from hand to hand
- reach for and hold toys well
- bring toys to mouth
- move his/her eyes in the same direction and watch interesting things, even from across a room

## HEARING, SPEECH & LANGUAGE

At 6 months, your baby should:

- startle to loud sounds
- smile when spoken to
- enjoy musical toys or toys that make noise
- look around to see where new sounds are coming from
- make sounds back when you talk
- make noise to get attention
- cry in a different way when hungry
- watch your face when you talk



## LEARNING TO THINK & PLAY

At 6 months, your baby should:

- shake a rattle to make a sound
- smile at self in a mirror
- bang hands or toys in play
- laugh, chuckle and squeal aloud in play
- be friendly with strangers, but sometimes show shyness or anxiety, especially if caregiver is not present
- look for a dropped toy
- cry or become fussy when a toy is taken away

