

Growth and development - babies: 6 months to 1 year

Babies – 6 months to 1 year

Babies learn and grow very rapidly during the first year of life. During this age, your baby will begin to learn to crawl. This is also a time when your baby will want to touch and taste everything they see.

Babies do not have the ability to understand discipline and cannot be spoiled. Babies at this age become mobile and are naturally curious. If your baby is trying to play with something that is breakable and dangerous, distract his attention by offering him a different object to grab or physically move him to another area.



You can help your baby grow and develop certain skills, even at such a young age, but let your child set the pace.

Developmental milestones

<u>Motor</u>	<u>Language</u>	<u>Cognitive</u>	<u>Social/Emotional</u>
<ul style="list-style-type: none">♥ Learns to sit up and crawl.♥ May be able to walk while holding on to furniture.♥ Lets objects go freely.	<ul style="list-style-type: none">♥ Will be able to say a few words such as "mama" or "dada" and will pay more attention to speech.♥ Responds to "no".♥ Tries to imitate words.	<ul style="list-style-type: none">♥ Enjoys putting objects in and out of containers.♥ Learns to scribble with crayons.	<ul style="list-style-type: none">♥ May be anxious when parents leave.♥ May become scared when left alone for a couple of minutes.♥ Will respond to own name.

What parents can do to encourage growth and development

- ♥ Babies will understand stories of daily experiences. When reading to your baby, encourage him or her to say the name of objects in the pictures.
- ♥ Play peek-a-boo. Your child will learn to play back.
- ♥ Encourage your child's learning through safe exploration and play.
- ♥ Babies at this age love to explore food and are preoccupied with throwing it on the floor, smashing it and feeding it to household animals.
- ♥ **Make sure you toddler-proof your home. Babies do not understand the concept of safety.**
- ♥ Teach your baby songs with a beat.
- ♥ Babies at this age are not physically ready for potty training.
- ♥ Routinely see a pediatrician for immunizations and to ensure the health and wellness of your baby.



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