

Smart Start for Babies 6-9 months-old

Getting Ready for School Begins at Birth



**Tyrone Area School District
Parenting Tips**

Smart Start for Babies

6 month-old

YOUR 6 MONTH—OLD BABY	ACTIVITIES
<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Keeps head level when pulled to sitting position • Sits by himself with minimal support • Opens mouth for a spoon • Reaches for and grabs objects • Rolls over and back • Drinks from a cup with help • Can hold a bottle • Pushes up from their front • Grasps objects 	<p style="text-align: center;">Physical Activities</p> <ul style="list-style-type: none"> • Hold baby in your lap rock back and forth letting him bounce or dance on your lap • Let baby explore interesting objects-like a toy with buttons to push
<p style="text-align: center;">Language</p> <ul style="list-style-type: none"> • Makes some vowel consonant sounds • Makes two-syllable sounds • Makes noises to show interest or get adult's attention. • Begins to understand names of common objects (bottle). 	<p style="text-align: center;">Language Activities</p> <ul style="list-style-type: none"> • Walk around the house with your baby, touch his hands to the cool window, soft laundry, a smooth plant leaf, labeling items as you go. • When your baby makes vowel or consonant sounds repeat the sounds back.
<p style="text-align: center;">Thinking</p> <ul style="list-style-type: none"> • Explores objects with hands • Responds to name 	<p style="text-align: center;">Thinking Activities</p> <ul style="list-style-type: none"> • Provide your child with various objects to explore (toys, spoon, books...) • Sing songs with your child's name in it (Hush little _____)
<p style="text-align: center;">Social</p> <ul style="list-style-type: none"> • Copies some facial expressions • Will react to your voice by looking or babbling. 	<p style="text-align: center;">Social Activities</p> <ul style="list-style-type: none"> • Make facial expressions directly in front of your baby so they have the opportunity to copy them.

Smart Start for Babies

7 month-old

YOUR 7 MONTH—OLD BABY	ACTIVITIES
<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Rolls both ways • Sits with, and then without, support of his hands • Supports his whole weight on his legs • Reaches with one hand • Uses raking grasp • Transfers objects from hand to hand • Develops full color vision • Distance vision matures • Can self-feed some finger food • Moves around on tummy or crawls • Holds two objects at the same time • Plays with feet 	<p style="text-align: center;">Physical Activities</p> <ul style="list-style-type: none"> • Offer baby small easy-to-grasp foods cut in small pieces • Let baby play with his food . He'll practice his grasp and explore his senses • Provide opportunities for baby to crawl on safe surfaces
<p style="text-align: center;">Language</p> <ul style="list-style-type: none"> • Responds to own name • Begins to respond to 'no' • Distinguishes emotions by tone of voice • Responds to sound by making sounds • Uses voice to express joy and displeasure • Babbles chains of consonants • Imitates sounds 	<p style="text-align: center;">Language Activities</p> <ul style="list-style-type: none"> • Use words to describe your baby's feelings: You are mad that Daddy took away the crayon. You can chew on this rattle instead.
<p style="text-align: center;">Thinking</p> <ul style="list-style-type: none"> • Finds partially hidden objects • Explores with hands and mouth • Struggles to get objects out of reach • Bangs things on the table to start a chain of responses from his audience 	<p style="text-align: center;">Thinking Activities</p> <ul style="list-style-type: none"> • Partially hide your baby's favorite toy for them to find. • Place favorite toys far enough away that your baby has to roll on his/her side to get to it.
<p style="text-align: center;">Social</p> <ul style="list-style-type: none"> • Enjoys social play • Interested in mirror images • Respond to other people's expressions of emotion • Plays peek-a-boo • Gets anxious with strangers 	<p style="text-align: center;">Social Activities</p> <ul style="list-style-type: none"> • Play peek-a-boo. Your hide-and-seek games do more than bring on giggles. Your baby learns that objects can appear and disappear • Hide objects under a blanket

Smart Start for Babies

8-9 month-old

YOUR 8-9 MONTH—OLD BABY	ACTIVITIES
<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Reaches for utensils when being fed • Turns head away when finished eating • Rolls all the way around • Sits unsupported • Gets on arms & knees in crawling position • Gets up on all fours and rocks • Moves from lying to sitting 	<p style="text-align: center;">Physical Activities</p> <ul style="list-style-type: none"> • Give your baby time to move around on his own. This builds muscles and coordination • Give baby practice picking up baby-safe food like slices of banana.
<p style="text-align: center;">Language</p> <ul style="list-style-type: none"> • Babbles enthusiastically • Babbles with more than one syllable • Baby copies actions you make, like waving 'bye=bye' and shaking my head 'no' 	<p style="text-align: center;">Language Activities</p> <ul style="list-style-type: none"> • Read books again and again. Scientist have found that babies as young as 8 mths can learn to recognize the sequence of words when a story is read two to three times in a row. This helps them learn language • Copy your baby's actions. If he waves, wave back and say 'Hello' • If your baby is looking at something say, "That's a radio. It plays music."
<p style="text-align: center;">Thinking</p> <ul style="list-style-type: none"> • Responds to own name • Test gravity by dropping objects over the edge of the high chair • Looks for dropped objects • Studies objects • Concentrates on one toy at a time 	<p style="text-align: center;">Thinking Activities</p> <ul style="list-style-type: none"> • Play "Find your...." (nose, eyes)
<p style="text-align: center;">Social</p> <ul style="list-style-type: none"> • Has specific cries for various needs • Has different reactions for different family members • Shows some anxiety when removed from parent • Exhibits moods with various sounds 	<p style="text-align: center;">Social Activities</p> <ul style="list-style-type: none"> • Get Touchy Feely: Collect a box of textured fabrics (silk, terrycloth, wool, and linen) gently rub the cloth on your baby's feet, tummy, and cheek describing they way each feels