

6-Month Visit



Language

Your baby pays close attention when you talk. Have you noticed? You'll probably start to hear more and more sounds because your little one has been learning from everything you say. You might hear, "Da, da, da." Repeat the sounds they make, then expand on them. Say, "Da, da, Daddy! You see Daddy?" We call this communication "serve and return." It helps babies learn new words.



Science and Math

Count during daily routines. Sing songs and share rhymes that include a number sequence, such as *Five Little Monkeys* or *1, 2, Buckle My Shoe*. Count your baby's fingers or toes when you're changing their diaper. Two is one of the first numbers babies notice, two eyes, two hands, two feet. Count as you play.



Managing Feelings

At this age, your baby has a few more ways to self-soothe even though they still need your help most of the time. When your baby cries in the crib, wait a minute or two for them to calm down. Talk to them before picking them up. Say, "I hear you, I'm coming!" Take note of what's needed: a bit of rocking, singing or a pacifier. When you try different strategies, it teaches new ways to calm down. Your care shows you are reliable and will help baby feel safe and secure.



Good books to read at this age:

- *Silly Sally* by Audrey Wood
- *Five Little Monkeys Jumping on the Bed* by Eileen Christelow
- *Baby Be Kind* by Jane Cowen-Fletcher
- *Ten, Nine, Eight* by Molly Bang

Problem-Solving

Your baby may now be rolling over or beginning to sit up. Give them a safe space for movement. If they are used to rolling to the right, block them with a pillow so they learn to roll to the left. You can also motivate a baby to roll by holding a rattle or toy on one side to get their attention. If they are sitting up, put them on a safe surface in case they fall over. Falling over will help your baby figure out how to balance better and stay upright.



Physical Skills

Babies this age are learning to coordinate their arms and legs. Some are beginning to creep or crawl and some are still working on it. Stretch baby's legs and try the "baby bicycle." Lay your baby on their back on a firm surface and gently bring their feet back and forth up over their belly and toward their chin, as if they are pedaling a bike. They will love this and it increases their flexibility.



Art and Music

Create a playlist for your baby around routines. Sing the same song for going to sleep, changing diapers, bath time, etc. When you sing the song, the melody will help them transition more easily to the next activity. You can even use made-up songs.

