



Did You Know AT 6 MONTHS I CAN —

- sit alone without any help.
- stand with help.
- play with my toes.
- grasp with my first finger and thumb.
- search or explore things that interest me.
- scoot and crawl better.
- react to sounds of different levels.
- roll over completely.
- bring hands together quickly.
- search for things that fall out of sight.
- start to increase my memory.

YOU CAN HELP ME LEARN & GROW! YOU CAN —

- give me something thin and small that will be easy to grab hold of such as a cracker or a rattle.
- give me different-feeling materials. Because I like to explore with my mouth, give me a spoonful of Jell-O or yogurt. Make sure that you do not give me crunchy peanut butter because I can choke on the peanuts. Cooked spaghetti, crackers, and oatmeal are good, too.
- wave and say "bye-bye" as you leave.

- line my toy box or a large plastic container with different materials such as satin or wool so that when I pick up a toy I can feel the lining.

- play "hide-and-see" with me. Shake a rattle behind your back or my back until I try to look for it. You can also hide it under a blanket, in a box, in a paper bag, or behind a piece of cardboard and ask me, "Where's the rattle?"

- play repeating games with me. Talk to me and allow me to try to repeat your facial expressions and words. Then, you try to repeat me. When you speak to me, use different voice levels and speak either slowly or quickly to me.

- help me to learn to think by taking me on your errands and trips and pointing out items and naming them for me.

- expose me to new, exciting things by putting out a few toys in front of me. Do not confuse me by putting out too many at a time.

- pass two toys between you and me. This will help me learn to grab one object while I hold onto the other.

- make a paper bag puppet with a funny face so that it will make me interested in other faces and I will not be afraid of strange faces.

CHILD SAFETY

- cover all electrical sockets that the baby can reach, grab, or pull. If the socket is uncovered, the baby could be electrocuted if he touches it.
- make sure there are no sharp edges the baby can fall on.
- isolate areas your baby must stay away from. Put up baby gates to stairways and open doorways to areas that the baby needs to stay away from.
- keep unloaded guns on top of high shelves or in a locked cabinet. Do not let your baby pull up on the shelves or wherever the guns are located.
- make sure toys are large enough so your baby cannot choke on them. Toys should be larger than the end of an empty paper towel roll.

- do not leave your baby unattended on a bed or elevated area. Because your baby can now roll over, this could lead to your baby falling off the bed and getting hurt.
- keep babies away from hot things such as heaters and stoves.
- put locks on cabinet doors.
- put breakables on high shelves.

Each child develops at his or her own rate. This information is meant only as a guide.

For more information on parenting, contact your county Extension office.



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