



## Did You Know AT 7-8 MONTHS I CAN —

- say “dada” and “mama.”
- crawl.
- pass objects from hand to hand.
- pull myself up into the standing position.
- stand while holding onto something.
- point or give gestures to things that I want.
- show emotions such as “throwing a kiss.”
- explore objects by shaking, banging, dropping, throwing, and placing one inside the other.
- use objects for their correct use.
- place toys in front of me so I have to reach for them.
- make an obstacle course with pillows for me to climb on to play and get my toys.
- teach me to feed myself. Provide me with foods easily handled, such as cereals; cooked, chopped carrots; and small slices of fruit so I can feed myself. Foods need to be larger than a cracker so that I do not choke on them.
- talk about the different sounds I hear. Help me understand the sounds around me such as a ringing telephone, a chirping bird, a barking dog, and a ticking clock.
- help me to understand noise by giving me pots and pans, a plastic hammer, or a spoon to bang with. Make a windchime out of foil pie tins.

### YOU CAN HELP ME LEARN & GROW! YOU CAN -

- teach me about sizes. Give me a box with different holes cut out of it with different sized objects.
- help me walk by holding my hands while I am standing. Show me how to dance by bouncing me when music is playing.
- talk to me while you are feeding, diapering, dressing, washing, or playing with me. Play telephone with me so I can learn how to talk to people.
- give me a cup or a sponge in the bath-tub so I can scoop up water or squeeze water out of the sponge to strengthen my grasping skills.
- teach me how to tell the difference in colors. Use bright-colored objects such as blocks and pictures, and tell me what each color is. Allow me to try to repeat the name of the color.

■ teach me how to smell. Sniff flowers or spices deeply, then allow me to do the same.

■ place a mirror in front of me. This will give me a sense of self, and you can name the parts of my face so I can learn them.

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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