

Babies develop at their own pace. This sheet is a guide to help you know what you might expect from your baby at 6 to 9 months of age. If you are concerned about your baby's development, please talk with your doctor.

What should my baby be learning?	How can I help my baby?
<p>Gross motor skills: Big body movements</p> <p>By 6 to 8 months:</p> <ul style="list-style-type: none"> • Pull up to sitting when hands are held. • Push up onto straight arms when lying on tummy. • Reach for a toy with one hand when lying on their tummy. • Move to a sitting position from their back. • Sit while leaning on hands. • Bear weight and bounce on legs when held by an adult. • Stand at a sturdy object or crib rail for a brief period of time. • Spend time on hands and knees. <p>By 9 months:</p> <ul style="list-style-type: none"> • Sit without support and use both hands to play. • Pull up to stand at the crib rail. • Crawl forward for short distances. <p>Fine motor skills: Play and self help</p> <ul style="list-style-type: none"> • Reach for small objects that are near. • Hold an object in each hand and bang them together. • Move toys from one hand to the other. • Drop objects on purpose and then play with them. • Use fingers to "rake" objects. • Pinch and hold objects with thumb and forefinger. • Use fingers to feed themselves. • Hold a bottle. 	<p>Gross motor skills</p> <ul style="list-style-type: none"> • Baby sit-ups. Have your baby lie on their back, facing you. Gently hold the baby's hands and help pull the baby into sitting position. Slowly lower back down again. • Give baby lots of tummy time. Urge your baby to: • Push up on arms and reach for toys • Turn around on tummy to change directions • Try crawling by placing toys just out of reach • Hold or put toys just out of reach. Have your baby reach for the toys while sitting. • Stand your baby up at edge of a low table. Stay close for safety. • Sit on the floor. Hold your baby around the hips in standing position while facing you. Have your baby to dance or bounce. <p>Fine motor skills</p> <ul style="list-style-type: none"> • Have baby search for hidden objects that are covered. Make it a game. • Play with your baby while they sit. • Have your baby play by filling and dumping a bowl of safe, small objects. • Have baby bang 2 objects together. • Help your baby practice picking up small pieces of finger food.

Language and social skills

- Respond to their name.
- Beware of new people. This is called stranger anxiety.
- Know you by sight and lift arms to be picked up.
- Have a range of sounds, gestures and facial expressions.
- Play with a toy up to 2 to 3 minutes.
- Follow fast-moving objects with their eyes.
- Start looking for partly hidden objects.

Sensory Processing: Understanding sights, sounds, tastes, touch, smell and movement

- Use vision, touch and taste to explore toys and other objects.
- Put out a hand to protect self from a fall
- Enjoy bouncing, swinging and other movements.
- Aware of and interested in new people and places.

Fine motor skills continued

- Have your baby use a bowl and spoon.
- Use lots of tummy time to build strength in the hands, arms and trunk.

Language and social skills

- Play simple games, like “peek-a-boo” or “Itsy, bitsy spider.”
- Read and sing to your baby. Try to get your baby to make the sounds you make.
- Let your baby look in a mirror and smile at, talk to and touch the “baby in the mirror.”
- Talk to your baby and name what you are doing.
- Point out common objects and name them.
- Look at your baby's face as you react to sounds your baby makes.

Sensory skills

- Sing songs to your baby. Offer musical toys with gentle sounds.
- Let your baby bring large, clean and safe objects with different textures to their mouth to explore.
- Give your baby different kinds of movements. Include bouncing, swinging, wagon or stroller rides.
- Safely and securely tip your baby's body in different directions. Go forward, back, and sideways.
- Massage your baby with warm lotion.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.