



Today's Weight \_\_\_\_\_

Today's Height \_\_\_\_\_

# Your Six Month Old

*This is an exciting time in your child's development. They are learning new skills quickly and may be getting ready to crawl. They are beginning to notice more objects and are more aware of the world around them. Safety is very important. Make sure everything is ready for a "baby on the move." Your baby may be getting more afraid of strangers and this is a normal part of their development. Your baby needs time on his/her tummy to play. This is important for his/her overall development.*

**Here are some questions to help us learn more about your baby's development. Please check those things you KNOW your child is doing!**  
**Does your six month old...**

- Sit alone with some support?
- Creep or scoot on his/her stomach?
- Roll over both ways?
- Shake and bang toys and other objects?
- Transfer objects from one hand to another?
- Grasp small things between thumb and fingers?
- Babble (make little sounds like da, ga, ka, ba)?
- Make different facial expressions?
- Smile back when you smile at him/her?
- Turn to the sound of your voice?
- Put toys in his/her mouth?
- Know the difference between family and strangers?
- Make noises to let you know if he/she is happy or sad?

***Remember that this is not a TEST and that all children develop and learn at different rates and times.***

**Do you have any worries about your child's development?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Ideas to help your six month old learn and grow...

## Play

- Offer your child toys and books in different shapes, sizes and colors. Make sure that nothing you offer them is smaller than fist size.
- Put a mirror in front of your baby so she/he can begin to see him/herself.
- Put your baby on the floor so that they can practice sitting and moving.
- Offer toys and other objects that make noise (like rattles, shakers, pots and pans with wooden spoons and musical instruments).

*Your child's brain is growing rapidly. Play is their way of learning*

## Talk and Read

- Talk to your baby.
- Look at picture books with your baby. Name simple objects and allow your child to pat the pictures.
- Use books that your child can touch, feel or put in mouth (soft washable books are best).
- Use short sentences. Name things that you both see.
- Repeat the sounds your baby makes. Change the sounds and see if your baby repeats them.

*Your six month old may be "mouthing" toys. This is a good way for them to explore how things feel and will help them with language development.*

## Provide a Safe and Loving Environment

- **Remember to sleep your baby on their back!!!!**
- Spend lots of time cuddling with your baby.
- Remove all small objects from the floor as they can be easily swallowed.
- A regular time for sleeping, eating and bathing will help your baby know what to expect from you.

*A sense of trust and security helps your baby feel safe to explore and develop.*

**Your baby watches you! Use behavior you want your baby to imitate!**

## Resources:

For information on resources to help you with finding playgroups, childcare or support around behavioral issues and other parenting concerns call:

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|---|--|
| • <b>Bananas</b> (for Northern Alameda County)      | 658-7353   |
| • <b>4 C's</b> (for Southern Alameda County)        | 582-2189   |
| • <b>Child Care Links</b> (for Tri Valley area)     | 925-417-8733   |
| • <b>Parental Stress</b>                            | N County, 893-9230<br>Hayward, 562-0148<br>Fremont, 790-3803 |
| • <b>Alameda County Public Health Clearinghouse</b> | 1-888-604-4636   |

If your child has a disability and you need support call:

**Family Resource  
Network**  
510-547-7322

**Every Child Counts**  
1100 San Leandro Blvd. Suite 120  
San Leandro, CA 94577  
(510) 875-2400

