

6
MONTHS



Back to sleep, tummy to play.

PHYSICAL DEVELOPMENT: TIPS TO HELP YOUR BABY GROW

Spend as much time as you can talking, touching and playing with your baby. Your baby is beginning to explore their world. Continue to have tummy time after every diaper change.

Walkers and bouncers do not allow your baby to develop their trunk, belly and back strength, so please limit their use.

ACTIVITIES TO DO WITH YOUR BABY

Play with them on the floor. Let them touch and feel different surfaces and textures like the floor, blanket or carpet.

Play music and encourage your baby to rock side-to-side while on their tummy.

Give your baby fun things to look at and read from while they are on their tummy. A mirror, photo or brightly colored toys with buttons to push are often favorites

Put a fun toy inside of boxes to encourage your baby to stretch and move toward the boxes.

Place toys just out of your baby's reach and encourage them to move to them. Help them if they do not get it at first.

After you change your baby, hold their hands and gently to do baby sit-ups. This will strengthen their neck, shoulders and back.

WHAT TO EXPECT AS YOUR BABY GROWS

At 6 months of age your baby will start to:

- Roll around and explore their world.
- Love to play with their feet.
- Begin to push backwards while on their tummy.
- Sit on the floor with their legs spread wide for balance.
- Use their hands to support themselves while sitting.
- Push onto their hands and knees, and rock back and forth.
- Reach for objects and transfer them from hand to hand.
- Use their whole hand to grasp small objects and bring them to their mouth.
- Hold their own bottle and try to feed themselves.