

Activities

AGE
6
MONTHS

FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 6-month-old—a great way to have fun together and support your child's social-emotional development.

Get down on the floor with your baby and play with him on his level. Look at toys, books, or objects together. Have fun, laugh, and enjoy your time together.

Learn your baby's special rhythms, and try to settle into a regular routine for eating, sleeping, and diapering.

Talk to your baby about his routines. This will help your baby feel secure and content.

When your baby cries, respond to her. Whisper in her ear to quiet her. Hold her close and make soft sounds. This will help her know that you are always there and that you love her.

Let your baby begin to feed herself bits of food and use a spoon and a cup. She will begin to enjoy doing things herself.

Bring your baby to new places to see new things. Go on a walk to a park or in the mall, or just bring him shopping. He will love to see new things while you keep him safe.

Use your baby's name when you dress, feed, and diaper him. Say, "Here is Dusty's finger. Here is Dusty's foot."

Visit a friend who has a baby or young child. Stay close to your baby and let her know that these new people are okay. It takes a little time to warm up.

Bath time* is a wonderful time to have fun and be close with your baby. Sponges, plastic cups, and washcloths make simple, inexpensive tub toys.

**Be sure to review safety guidelines with your health care provider.*

