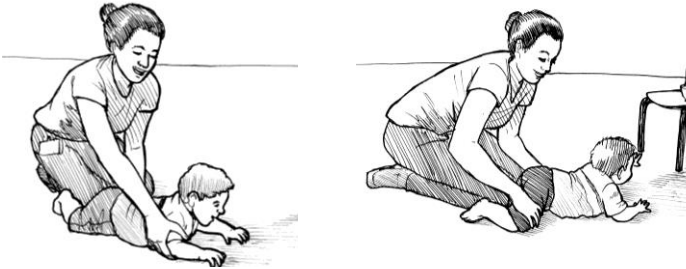
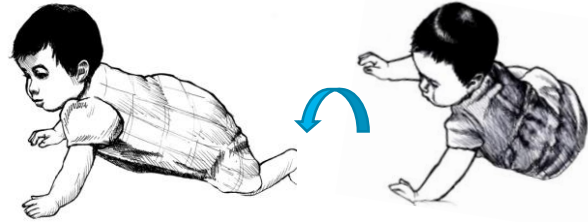


Developmental Activities 7-9 months

The following activities will encourage your baby's development.



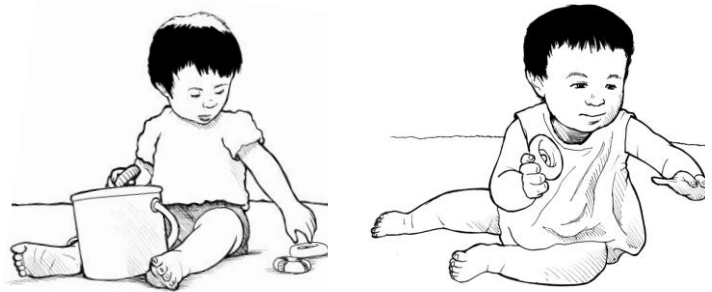
Crawling on belly: Help your baby move forward on their belly by first bringing their arm forward and then their leg. You can place toys a foot or two in front of them to encourage them to move forward.



Getting onto hands and knees: This can be done from sitting by helping your baby to reach to the side then helping them to move their hips over their legs.



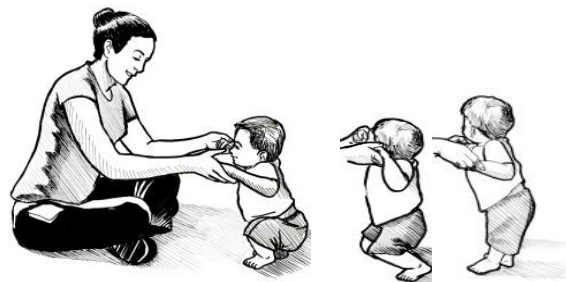
Crawling on hands and knees: Support your baby under their trunk or at their hips as you encourage them to move their arms and legs forward one at a time.



Sitting and reaching: When your baby can sit by themselves, place toys a little out of reach so that they can reach to either side.



Kneeling assist: Position your baby at a low table or couch on their knees with toys in front of them. Give them support at their hips as needed.



Pull to stand: Start at a low table or chair and help your child bring one leg in front of them. Then, shift their weight onto that leg and help them push up to stand. You can also hold their hands and let them pull up.

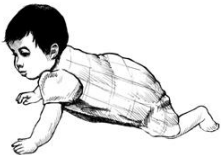
The following is general information on a baby's development from seven to nine months.

Developmental Skills: These are abilities to encourage your baby as they grow.

Gross Motor skills: The ability to use large muscles or move your whole body like rolling, sitting, or standing.

- Your baby may be moving from one place to another. They may not stay on their back for too long, usually only to explore toys. They can typically roll to their side and tummy.

- While on their tummy they may:



- Push up onto all fours from prone
- Rock back and forth while on hands and knees (7 months)
- push up onto hands and feet from prone (being on their tummy) - 'bear position' (7 months)
- Move from hands and knees back to sitting (9 months)
- begin to crawl:
 - First with their belly down
 - Then with their belly up (on hands and knees)
- Crawl on their tummies to furniture and use their hands to pull up to their knees and may begin playing in kneeling by 9 months.



- They may **sit** in a variety of positions including:

- Ring sit – legs bent with feet together
- Long sit – legs straight out in front
- Side sit – both legs to one side



Ring Sit



Side Sit

In standing:

- They may pull themselves up to stand first using their arms. As they get stronger, they may begin to use their legs more by moving from kneeling to half-kneel to stand.
- They may play in standing and when lowering back into sitting will often 'plop' down.
- They may begin to side-step (cruise) while holding onto furniture (7 months)
- They may take forward steps while holding onto furniture (9 months)
- With hands held they may take steps with a 'marching' type movement of their legs
- They may begin to climb (around 8 months).



Fine Motor skills: The ability to use the small muscles in our hands to coordinate movement such as picking up little objects with our fingers.

- Your baby is interested in everything! Initially they may play while in sitting, but as they get older, they may prefer to play while in kneeling. They may move on their own to get what they want. They may:



- Hold onto one toy while reaching for another
- Shake and bang toys together and against surfaces
- Hold small objects against their index finger with their thumb, which can be useful during self-feeding.
- Manipulate and transfer toys from hand-to-hand

You may see their hand skills changing as they begin to use fingers more by pushing down on cause and effect toys (toys where an action causes something to happen to that toy). Your baby may also be interested in grasping objects and taking things out of cabinets, containers, and boxes.



Social/Interactive

- Your baby may enjoy playing with things that move. They may throw things to see what will happen and will do this over and over again! Object permanence (knowing that an object is there even though it may be hidden) usually begins now and your baby may enjoy looking for half-hidden toys or toys they saw roll away. They may like looking at themselves in the mirror and patting the mirror. Skills to watch for:
 - Hold their own bottle
 - Drink from a cup
 - Attempt to feed themselves with a spoon.

Your baby may have *stranger anxiety*, where they get nervous around strangers and may cry or show some signs of fear.

- The American Academy of Pediatrics recommends that children under the age of 18 months should only use screens (tablets, phones, TVs, etc.) for video calls. For children 18-24 months, you may use screens to show educational programs for up to 1 hour.

Speech

- Your baby may understand and respond to their own name. They may understand “no” and recognize words for a few everyday objects like “cup”, “shoe”, “book”, or “juice”. They may begin to follow basic directions like “come here” and “want more?”



- Your baby may now be:
 - Babbling more and more
 - Reaching for you and for toys
 - Looking around
 - Making sounds when they want something from you
- Respond to their reaching, looking, and sounds by looking back at them, speaking to them, and imitating him. Follow what your baby does during play time and say the names of toys while they are playing with them. Talk while you are doing daily activities.
 - For example:
 - When Dressing - “put on the shirt”
 - When Bathing – “turn on the water”
 - When Feeding – “eating crackers”
- Most importantly, enjoy the time you spend with your baby! Holding them, playing with them, and providing them with different experiences are the best things for them.

How to reach help

- If you have questions or concerns, please contact _____
- Department: (323) 361-2226
- Voice Mail: _____

Referral Information

Regional Center: _____

CCS: _____

***References available upon request**

www.pathways.org: developmental videos