

Infancy Visit #15

- 6 Month Growth and Development
 - PIPE: Learning Language



Topics for Next Visit:

- PIPE: Floor Time
- PIPE: Love & Limits 6-9 Months

Month 6: What's New?

I'm so bright!
Here are some new things
I've learned this month:



Things I can do with my body:

Things I can do with my hands & arms:

Things I can do with my feet & legs:

Things I can do with my voice:

Learning about you... What are your hobbies?

Babies learn from their parents. You can teach me by including me in what you enjoy doing.

What are your hobbies? Circle the ways you like to spend your spare time.

	Music	Reading/writing
Sports	Cars	Camping/fishing/hunting
Crafts	Spending time with friends	
	What else?	

Pick 1 activity that you circled. What do you like about this activity?

Which activity could you include me in right now? How?

Which activity could you include me in when I am older? How?

Month 6: What's Next?

At six months I might:

- Babble using more than one syllable
- Suck on my toes
- Use a raking motion to reach for something & grasp it
- Keep my neck & head up when I'm pulled to a sitting position
- Try to sit without help

SAFETY CHECK

**I might be feeling
scared of strangers.**

Don't let strangers
get close to me too
soon.

Let me know when
you are leaving.
Let me know you
will be back.

You can help me learn!

- Sit on the floor with me sitting inside your legs. Use your legs and chest to give only the support I need.
- Place me on my tummy with a favorite object out of reach. Let me reach for it and move toward it.
- Read to me! Hold me in your lap. Hold a bright book where I can see it. Say a word and point to the picture. Let me explore the book and the pages.
- Place me on your knee. Bounce me to the rhythm of a song. Sing and rock with the rhythm.

Your baby at 6 months

Baby's Name _____

Baby's Age _____

Today's Date _____

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 6 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Knows familiar people
- ☐ Likes to look at himself in a mirror
- ☐ Laughs

Language/Communication Milestones

- ☐ Takes turns making sounds with you
- ☐ Blows "raspberries" (sticks tongue out and blows)
- ☐ Makes squealing noises

Cognitive Milestones

(learning, thinking, problem-solving)

- ☐ Puts things in her mouth to explore them
- ☐ Reaches to grab a toy he wants
- ☐ Closes lips to show she doesn't want more food

Movement/Physical Development Milestones

- ☐ Rolls from tummy to back
- ☐ Pushes up with straight arms when on tummy
- ☐ Leans on hands to support himself when sitting

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

**Don't wait.
Acting early can make
a real difference!**



Download CDC's
free Milestone
Tracker app



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Dad's Days: 6 Months

Dad's
Days:
6 Months

Our favorite outing so far:



LET'S GO, DADDY!

Spending time with your baby can be so much fun for both of you!

Some places to go and things to do:

- Take a walk outside
- Listen to nature sounds
- Touch different textures such as concrete, bricks, leaves, etc.
- Sit by a stream and listen
- Visit the zoo

Sometimes it is hard to get enough sleep.

To help my baby fall asleep, I:

If baby wakes up during the night, I feel:

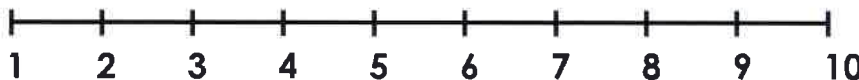
When babies are learning new things, they may wake up more at night.

My baby wakes at night when:

My baby goes back to sleep more easily if I:

My baby cries less at night if I:

You've been a Dad for half of a year already! On a scale of one to 10, how confident are you in your role as a parent?



Help your baby learn and grow

As your baby's first teacher, you can help his or her learning and brain development. Try these simple tips and activities in a safe way. Talk with your baby's doctor and teachers if you have questions or for more ideas on how to help your baby's development.



- Use "back and forth" play with your baby. When your baby smiles, you smile; when he makes sounds, you copy them. This helps him learn to be social.
- "Read" to your baby every day by looking at colorful pictures in magazines or books and talk about them. Respond to her when she babbles and "reads" too. For example, if she makes sounds, say "Yes, that's the doggy!"
- Point out new things to your baby and name them. For example, when on a walk, point out cars, trees, and animals.
- Sing to your baby and play music. This will help his brain develop.
- Limit screen time (TV, tablets, phones, etc.) to video calling with loved ones. Screen time is not recommended for children younger than 2 years of age. Babies learn by talking, playing, and interacting with others.
- When your baby looks at something, point to it and talk about it.
- Put your baby on her tummy or back and put toys just out of reach. Encourage her to roll over to reach the toys.
- Learn to read your baby's moods. If he's happy, keep doing what you are doing. If he's upset, take a break and comfort your baby.
- Talk with your baby's doctor about when to start solid foods and what foods are choking risks. Breast milk or formula is still the most important source of "food" for your baby.
- Learn when your baby is hungry or full. Pointing to foods, opening his mouth to a spoon, or getting excited when seeing food are signs that he is hungry. Others, like pushing food away, closing his mouth, or turning his head away from food tells you that he's had enough.
- Help your baby learn she can calm down. Talk softly, hold, rock, or sing to her, or let her suck on her fingers or a pacifier. You may offer a favorite toy or stuffed animal while you hold or rock her.
- Hold your baby up while she sits. Let her look around and give her toys to look at while she learns to balance herself.

To see more tips and activities download CDC's Milestone Tracker app.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



Download CDC's
free Milestone
Tracker app

Learn the Signs. Act Early.



Activities



HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 6-month-old—a great way to have fun together and encourage your child's healthy development.

☐ Peekaboo

Play Peekaboo with hands or a cloth. Put the cloth over your face first. Then, let your baby hide. Pull the cloth off if your baby can't. Encourage them to play and take turns.

Developmental Areas: Personal-Social

Materials Needed: Cloth

☐ Poking Around

Your baby will begin using their index fingers to poke. Let your baby poke at a play telephone or busy box. Your baby will want to poke at faces, too. Name the body parts as your baby touches your face.

Developmental Areas: Fine Motor

Materials Needed: None



NOTES: _____



Activities



HELP YOUR CHILD LEARN AND GROW!

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☐ Reach for the Toy

With your baby lying on their back, place a toy within sight but out of reach of your baby. Or, move a toy across your baby's visual range. Encourage them to roll to get the toy.

Developmental Areas: Gross Motor, Problem Solving

Materials Needed: Toy

☐ Papers to Pull

Fill an empty tissue box with strips of paper. Your baby will love pulling them out. Do not use colored newsprint or magazines, though; they are toxic. And, **never** use plastic bags or wrap.

Developmental Areas: Fine Motor

Materials Needed: Tissue box; strips of paper



Want to learn about developmental milestones for your 6-month-old?

Visit <https://pub.fyi/CDC6month>

HELP YOUR CHILD LEARN AND GROW!

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

☐ Shared Reading

Read to your baby. Snuggle up close and point to pictures, and talk about what you are seeing. Your baby will begin to choose favorite books as they get a bit older.

Materials Needed: Children's books

☐ Singing to Baby

Sing songs to your baby and tell them nursery rhymes. Make up songs about your baby using their name. This will make them feel special and loved.

Materials Needed: None

☐ Back and Forth

"Talk" with your baby. When your baby makes a sound, imitate the sound back to them. Go back and forth for as long as possible.

Materials Needed: None



NOTES: _____

ASQ:SE-2 Activities

AGE 6 MONTHS

HELP YOUR CHILD LEARN AND GROW!

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☐ New Views

Place your baby in new areas or in new positions when you are at home. The world looks very different from a new spot!

Materials Needed: None

☐ Playful Games

Play Peekaboo and Pat-a-cake with your baby. Be playful, have fun, and laugh with your baby. They will respond with smiles and laughs.

Materials Needed: None

☐ Exploring New Things

Provide new, safe objects for your baby to explore.* Everything is interesting to them. Large wooden spoons and a soft baby brush are new things to learn about.

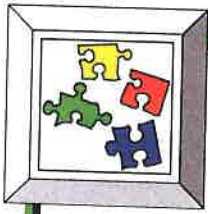
**Be sure to review safety guidelines with your healthcare provider.*

Materials Needed: Child-safe objects



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Children's Sounds and Words

AS A NEWBORN

The newborn makes wonderful noises that disappear when the baby is older. The sputters, squeaks, gentle cries, sucking noises and hiccups are telling you something about baby's feelings. Babies' sounds, facial expressions, and body language are their first means of communication.

AT ABOUT TWO MONTHS

The baby is beginning to smile, gurgle and coo. Crying increases as the baby's nervous system grows. If a parent responds quickly to his or her baby's needs, the baby will begin to learn that a parent is a special person who provides help and comfort.

AT ABOUT THREE MONTHS

Many different sounds are fun for the baby now. Three-month-olds experiment with their voices, realizing they can control their sounds. Gurgles, squeals, squawks and coos begin. At about this age, babies start to laugh and begin to recognize their parents with a smile.

AT ABOUT FOUR TO FIVE MONTHS

Cooing includes more pitch changes, using long vowel sounds, *oooh, aah*. Consonant sounds are added: *bah, dah, moo*. There are many sounds for the baby to make: clicks, smacks, yells, screeches, bubbles, coughs – all for effect. There are belly laughs for playful parents and suffering sighs and whimpers when the baby wants attention.

AT ABOUT SIX TO SEVEN MONTHS

Babbling and clear vowel sounds, such as *aah, aah, aah, aah*, begin to emerge. The baby begins to combine vowel sounds: *da-da, ga-ga*. Babies of this age babble when others are talking as if to join in the conversation. They gradually stop making sounds that do not form part of the language they hear.

AT ABOUT EIGHT TO TEN MONTHS

Babbling takes on a variety of sounds and inflections with conversations, rhythms, and intonations, for example, *da-da*. Babies often pause for an answer and then babble on. Respond to the baby's sounds. Talk to the baby about what you are doing. Play turn-taking and rhythmic games.

continued on next page



Learning Language: Approximate Ages and Stages, cont.

8 - 10 Months

Babbling sounds even more like “sentences” as the baby practices the intonation patterns heard from family members. The baby is learning the rhythm of how we speak. Babies now turn or point to familiar sounds, such as the phone or an airplane. Some sounds, like the vacuum, may be frightening. A baby may respond to his or her own name and begin to understand a few words such as *no* or *bye-bye*. Parents who respond to their baby’s interest in things with one clear word, such as *doggy* or *light*, encourage vocabulary development. Parents should wait for the baby to respond and continue to imitate the baby’s sounds. By talking to their baby about what they are doing and planning, parents will expand the baby’s sense of how language is used.

12 Months

Babies may say first words, like *up*, *doggy*, or *ma-ma* (for *mommy*), and the names of persons or things that are important to them. They practice words and sounds, especially when alone in bed, or when playing. Understanding of words increases. Parents who respond by naming the object that their baby uses when pointing to something help the baby understand that words stand for objects. Parents should ignore words they don’t like and show pleasure or imitate words or “near words” they do like.

15 Months

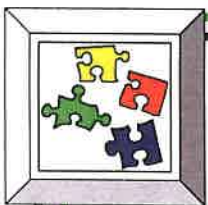
By this time most toddlers are using words. One word may mean several things: *Out* may mean “Here’s my coat,” “Someone just left,” or “Let’s go.” If parents respond to words, such as *more* or *up*, toddlers learn to try talking rather than crying to get what they want. When toddlers discover the power of words, vocabulary multiplies. Some 15-month-olds can say 30 words, but others might only be using two or three words. Most toddlers understand many more words than they can say. They can follow simple, one-phrase directions. Parents should continue to respond to what toddlers say by using the correct words, not “baby talk.”

20 Months

Vocabulary is increasing rapidly. Toddlers experiment with words, repeating them over and over. Toddlers can now make two-word statements like “See Mommy,” or “Go doggy.” They will repeat words after adults and respond to simple questions like “Where is your teddy bear?” They learn that they can refuse requests, that *no* is powerful, and they practice it with every situation. Toddlers may say *no* even when they mean *yes*. Many toddlers use *no* in play. They may also use it to see how parents respond. Honor your toddler’s *NO* when you can; ignore the rest.

24 Months

By the second birthday, most children link words together to make short sentences: “We go, car.” They will join in an adult conversation with short phrases. Toddlers like to be listened to and will expand their conversation into stories which are half babble and half words to keep a parent’s attention. Sometimes they talk so fast they can’t get their breath. They begin to understand *me* and *mine*. They will begin to use words or short phrases, in addition to body language, to describe feelings. Two-year-olds are very definite and determined, often using language to demand, as well as to negotiate. Give them choices. “Do you want milk, or juice?” Respond to those demands that you can. “Me juice.” Even though toddlers are using words, cues are still the most important way they communicate.



Timely Tips for Talking

0 - 6 Months

1. Respond quickly to a newborn's cries.
2. Play mouthing games; wait for the baby to imitate you.
3. Talk to the baby about what you are doing, what you see, what is going to happen.
4. Combine sounds/words with touch.
5. Use a soft-pitched voice. Change your voice tone from high to low.
6. Use vowel sounds and coos to play with the baby: "o-o-o," "aah, aah," "i-e, i-e."
7. Sing songs to your baby, for example, soft lullabies; hold your baby; sway as you sing.
8. Talk face to face. Let your baby see your mouth movements as you speak.
9. Imitate sounds you like; ignore sounds you don't like.

6 - 12 Months

1. Call your baby by his or her name.
2. Repeat words that have meaning for the baby: "Mama," "cup."
3. Name things your baby is looking at or doing: "doggy," "drink"
4. Put actions and words together: "bye-bye" - wave your hand.
5. Play imitation and turn-taking games.
6. Start reading simple books together. Look at pictures and identify them with words: "dog," "cat," "pig."
7. Respond to your baby's sounds with one clear word: "blanket," "ball."

12 - 24 Months

1. Use simple words. Use positive emotions and fun when talking to your toddler.
2. Repeat words your toddler uses.
3. Name the things that you give your toddler and the objects your toddler points to.
4. Talk about what you are doing or what just happened. Tell your toddler what you are going to do.
5. Take turns talking. Listen. Let your toddler respond before you speak again. Have conversations with toddlers.
6. Put your toddler's actions into words: "José smells flowers."
7. Do not correct your toddler's mispronunciations. Just say the correct word.
8. Give your toddler clear choices: "Shall we read this book, or this one?"
9. Show your toddler how to talk during imagination games:
"Hi, Bear. Sit down. Here's a drink."
10. Enjoy toddlers' funny, fun language.

