

# Help Your Baby Learn and Grow



You can help your baby learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 6-month-old baby today.

## What You Can Do With Your 6-Month-Old:

- Play on the floor with your baby every day.
- Learn to read your baby's moods. If your child is happy, keep doing what you are doing. If your child is upset, take a break and comfort your baby.
- Help your baby learn how to comfort themselves when they are upset. Your child may suck on their fingers to self soothe.
- Use "Serve & Return" play—when your child smiles, you smile; when your child makes sounds, you copy them.
- Repeat your child's sounds and say simple words with those sounds. For example, if your child says "bah," say "bottle" or "book."
- Read books to your child every day. Talk to baby when they babble and "reads" too.
- When your baby looks at something, point to it and talk about it.
- When your child drops a toy on the floor, pick it up and give it back. This game helps them learn cause and effect.
- Read colorful picture books to your baby.
- Point out new things to your baby and name them.
- Show your baby bright pictures in a magazine and name them.
- Hold your baby up while they sit or support them with pillows. Let your child look around and give them toys to look at while they balance.
- Put your baby on their tummy or back and put toys just out of reach. Encourage your child to roll over to reach the toys.

"brains are built in stages, with more complex structures built on simpler structures, it's crucial to get the early years right"