

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 9-month-old baby today.

What You Can Do With Your 9-Month-Old:

- Pay attention to the way your child reacts to new situations and people; try to continue to do things that make your baby happy and comfortable.
- As your child moves around more, stay close so they know that you are near.
- Continue with routines; they are especially important now.
- Play games like “my turn, your turn.”
- Say what you think your baby is feeling. For example, say, “You are so sad, let’s see if we can make you feel better.”
- Use words to describe what your baby is looking at; for example, “red, round ball.”
- Talk about what your baby wants when they point at something.
- Copy your baby’s sounds and words.
- Ask for behaviors that you want. For example, instead of saying “don’t stand,” say “time to sit.”
- Teach cause-and-effect by rolling balls back and forth, pushing toy cars and trucks, and putting blocks in and out of a container.
- Play peek-a-boo and hide-and-seek.
- Read and talk to your baby.
- Provide lots of room for your baby to move and explore in a safe area.
- Put your baby close to things that they can pull up on safely.

“We all have the tools to help build better brains. By understanding the science behind brain development we can take action that will improve our physical and mental health and reduce risk for addiction across the lifespan.”