

A pink graphic consisting of two overlapping rounded rectangular shapes. The top shape is a lighter shade of pink and has a circular hole on its left side. The bottom shape is a darker shade of pink and has a circular hole on its right side. The text is centered within the top shape.

Development- Eight Months

Your baby is showing their personality and is learning through touch, taste, smell, listening and moving around. Separation anxiety is common at this age and it is a normal part of your baby's development

At Eight months you may notice your baby

- Experience some 'stranger danger' with people they do not know
- May have longer blocks of sleep overnight 8-12 hours
- Has made a strong attachment with you and family members
- Express emotions and feelings
- Has improved memory, preferring certain toys or books
- Is smiling, laughing and responds to your smiling
- Make eye contact with you when you talk to them
- Has more speech sounds, is babbling and copying sounds
- Turning their head to their name
- Moving around on the floor more
- Crawling, commando crawling or pulling to stand
- Reaches out for objects and grabs them with their hands
- Claps hands
- Sitting upright
- Stops what they are doing if you say 'no'
- Responds to a feed/play/sleep routine
- Has an increased appetite and requires x3 solid meals plus snacks daily
- Is holding food and finger feeding



How to help your Baby Develop

- Talk to your baby regularly
- Respond to your baby when they are crying
- Look into your baby's eyes when you are talking to them
- Smile and laugh with your baby
- Cuddle your baby regularly
- Talk, sing and read to your baby
- Play peek-a-boo with your baby
- See what your baby is interested in and have a conversation about it
- Play with your baby, get down on the floor with them
- Give your baby lots of floor play
- Give your baby a massage
- Take your baby for a walk in the pram and talk to them about the outside world
- Reassure your baby when they meet new people
- Safe proof your house

