



## Development- Six Months

Your baby is learning the difference between you, other family members and strangers. Your baby has made close attachments to you and your family members. Your baby is expressing emotions and communicating more.

## At Six months you may notice your baby

- Experience some 'stranger danger' with people they do not know
- May have longer blocks of sleep overnight 4-6 hours
- Has made a strong attachment with you
- Express emotions, laughs, squeals, excitement, joy, frowns, cries
- Turns their head to your voice and sounds
- Is smiling, laughing and responds to your smiling
- Make eye contact with you when you talk to them
- Has more speech sounds and babbles like 'baba' and 'gaga'
- Roll from tummy to back and back to tummy
- Moving around on the floor more
- Reaches out for objects and grabs them with their hands
- Bang and shake toys
- Puts their hands and objects into their mouth
- Sit upright with support
- Responds to a feed/play/sleep routine
- Have an increased appetite and require solid foods



# How to help your Baby Develop

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- 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
- See what your baby is interested in and have a conversation about it
- Show your baby different textures and colours
- Play with your baby, get down on the floor with them
- Give your baby some tummy time and put toys in front of them
- 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, make sure there is nothing on the floor that your baby could put into their mouth and choke on

