

## Helping my baby learn through play: 6 to 9 months old.

### EXPLORING, MANIPULATING AND LEARNING ABOUT THE WORLD

Play Idea		How does it help my baby?
<b>Exploring Books</b>  		<b>Boosting my baby's senses</b> <ul style="list-style-type: none"> <li>• Looking at different images or pictures</li> <li>• Learning to use both hands to turn pages</li> <li>• Feeling different textures</li> <li>• Listening to what you say (Building vocabulary)</li> <li>• Developing language and shared attention</li> </ul>
<b>Stacking Rings</b> 	<b>Taking objects out</b> 	<b>Helping my baby with his/her coordination</b> <ul style="list-style-type: none"> <li>• Practising grasp and release</li> <li>• Solving problems and learning through moving/placing objects</li> <li>• Coordinating hands and eyes</li> <li>• Learning to put objects in and out of containers</li> </ul>
<b>Water Play</b>   		<b>Helping my baby learn through multisensory experiences</b> <ul style="list-style-type: none"> <li>• Playing with water provides lots of different sensory experiences (bath, paddling pool, or just a plastic bowl of water)</li> <li>• Using cups with holes at the bottom, plastic bottles for pouring and squirting</li> </ul> <p><b>Note:</b> Never leave your baby alone with water.</p>
<b>Balls</b> 		<b>Helping my baby getting ready to crawl</b> <ul style="list-style-type: none"> <li>• Enjoying exploring</li> <li>• Learning to reach while on all fours to improve balance and initiate crawling</li> </ul>
<b>Musical instruments</b> 	<b>Interactive games</b> 	<b>Helping my baby with their interaction skills</b> <ul style="list-style-type: none"> <li>• Learning turn taking (make a noise and wait for your baby to copy you)</li> <li>• Playing Interactive games such as "pat a cake" "itsy-bitsy spider"</li> </ul> <p><b>Note:</b> Instruments don't need to be complicated or expensive- if you can shake it, bang it, rattle it and make noise, it's an instrument!</p>

**Did you know?** Studies show that parents talk less and babies play and interact less when the TV is on in the room, even if they are not watching it. Babies love playing and interacting with you and this is how they learn to talk and develop.

Play is how a child learns. This leaflet was created to provide ideas for activities which can support development of language, cognition and motor skills. The focus is not on specific brands of toys and this is not an extensive list. Development varies from child to child and if you have any concerns about your child speak to your GP or health visitor.

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## Tips to improve engaging in play with 6 to 9 months old:

### Building skills

#### Promote Crawling



Create an interesting floor space to encourage movement.  
Move toys around

#### Promote Language by naming objects



Help your baby identify objects by name: "this is your cup";  
"look, here is Teddy!"

#### Looking and finding



Show your baby a toy and then hide it under a blanket or behind another toy.  
Promotes movement and learning

### Remember the importance of ...

#### Action toys with buttons



Cause and effect toys are interesting at this age.  
Helps with hand-eye coordination.

#### Playful surprises



Promotes interaction between you and your baby.  
Add fun!

#### Social Emotional Growth



Your baby will begin to use emotions in an interactive, purposeful manner.  
i.e: Gets your attention through shouting and gestures.

### Keeping your baby safe ...

#### Prevent burns



Babies of this age love reaching.  
Keep hot drinks well out of reach.  
Be aware of hazards

#### Avoid "Sit-in" baby Walkers



They may delay walking and can be dangerous.  
Some baby walkers may tip over causing your baby to fall out

#### Only use safe toys to avoid choking



Children of this age love putting toys in their mouth! Ensure all toys are suitable and safe for young children.

**Did you know?** Babies learn by moving, exploring and doing things.

The more they move the more they learn and the more they learn the more they move!

**Movement is important!**

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