

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?
Exploring Books  		Boosting my baby's senses <ul style="list-style-type: none"> • Looking at different images or pictures • Learning to use both hands to turn pages • Feeling different textures • Listening to what you say (Building vocabulary) • Developing language and joint/ shared attention
Stacking Rings 	Taking objects out 	Helping my baby work out his/her coordination <ul style="list-style-type: none"> • Practicing grasp and release • Solving problems and learning through moving/placing objects. • Coordinating hands and eyes • Learning to put in and take out objects.
Water Play   		Helping my baby learn through multisensory experiences <ul style="list-style-type: none"> • Playing with water (Bath, paddling pool or just using a plastic bowl). It gives them lots of sensory input. • Using cups with holes at the bottom, plastic bottles for pouring and squirting each other. <p>Note: a baby can drown in just 5 cm (2 inches) of water. Never leave your baby alone with water.</p>
Ball 		Helping my baby get ready to crawl <ul style="list-style-type: none"> • Spending time on the floor • Learning to reach while on all fours to initiate crawling
Musical instruments 	Interactive games 	Helping my baby with their interaction skills <ul style="list-style-type: none"> • Learning turn taking (make a noise and wait for your baby to copy you) • Playing Interactive games as "pat a cake" "itsy-Bitsy" <p>Note: 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? Babies play less 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.

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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Early Intervention

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Tips to improve engaging in Play with 6 to 9 months old:

Building skills

Promote Crawling



Encourage movement by moving toys around.
Your baby must reach to grab desired objects.

Promote Language by naming objects



Start helping your baby to identify objects by name
"This is your cup";
"Look, here is Teddy!"

Object Permanence



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

Remember the importance of ...

Games with immediate response



Toys with buttons that cause lights or music to turn off/on.
Helps with cause and effect, and hands-eye coordination.

Making sure play has playful surprises and variations



Promotes interaction between you and your baby while playing.
Adds an element to play activities that further engages your baby.

Social Emotional Growth



Your baby will begin to use emotions in an interactive, purposeful manner. i.e: Gain your attention through eye contact.

Keeping your baby safe ...

Prevent burns



Babies at this age grab at everything. NEVER leave hot beverages on tables or counter edges. Keep your baby away from stoves and heaters

Avoid this kind of baby Walker



They may delay walking, and they can be dangerous.
Some baby walkers may tip over causing your baby fall out of it.

Only toys large enough to avoid choking.



All toys must pass the choke test. The test is if a toy easily fits into a cylinder 5.7 cm long and 3.1 cm wide then it is too small to play with at this age

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

The more they move the more they learn. The more they learn the more they move.

Most babies at this age recognize their name.

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