

# Begin now... Learn what I can do. I'm now 9 months old!

## Talk

**I will continue to babble a lot at this age. I am beginning to imitate your face and actions, especially peek-a-boo! I can understand a lot more than I can say.**

- Play 'follow the leader'. Let me be the leader. Respond to my actions and expressions.
- Continue to talk and read to me to help me learn new sounds. Point out objects and say their names.
- I like repetition so don't be surprised if I want you to read the same book over and over again!
- I may say "dada", "mama" and know the names of my other family members.

## Play

**I like to explore my surroundings. I am getting into EVERYTHING! I want to practice crawling, shuffling or trying to stand. It's time to child proof our home!**

- Place toys on the floor out of my reach and encourage me to move toward them.
- Help me to use my hands by letting me feed myself small finger foods like crackers or dry cereal "O's". Stay close to watch for choking.
- Allow me to bang pots, pans or plastic dishes.
- Drop my toys into large containers. Show me how to dump them out and put them back in again.



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## Learn

**I may be shy around people – even the ones I already know. Continue to help me feel safe and secure by holding me, especially when I am upset or scared.**

- I may have a favourite blanket or cuddly toy that helps me soothe myself, especially when you are not with me.
- You can teach me how to “wave bye-bye”, “blow kisses” and clap my hands to help develop my social skills.
- I may respond to other people’s feelings. I will know by the sound of your voice when you are happy, sad or angry. I will smile when you are happy. I will frown or look worried when you sound angry. I will cry when another baby cries.
- Playing rhyming, clapping and singing games with me like ‘If You’re Happy and You Know It’ or ‘This Little Piggy’, helps to develop my social skills. I am learning that playing with others is fun.

**Children are always learning to do new things as they move through different stages of development. As your child grows, contact Durham Region Health Department for more information.**



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Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/health](http://durham.ca/health)



If you require this information in an accessible format, contact 1-800-841-2729.

