

Begin now... Learn what I can do. I'm now 6 months old!

Talk

I use my voice to express my feelings. I laugh out loud, imitate sounds and babble like we are talking.

- Tell me about everything that I hear, see, feel and do.
- Show me how to “wave bye-bye” and “blow kisses”.
- Sing my favourite songs or play games like ‘Itsy Bitsy Spider’ and ‘Pat-A-Cake’. This is how I learn new words.
- Accept my feelings. I need to know you love me just the way I am.
- Hold me on your lap and let me turn the pages. Point to the pictures and talk about them. I am learning that books can be fun.

Play

I can sit with support. I use my hands to reach, grasp, bang and splash to see what happens. Give me time to move around on my own. I love to do things over and over again.

- When I am on my tummy, use a toy to encourage me to push up on my hands and reach up for it.
- Put me on the floor so I can practice rolling over.
- I like toys that are different in colour, sound, shape and size.
- Be sure all my toys are safe because I like to put everything in my mouth.
- Let me take the lead in play and copy what I do. If I clap my hands, clap along.



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Learn

My personality is beginning to show. Notice how I like to play and explore. I am becoming more aware of my own wants and needs.

- I may make strange with new people or family members. Be patient, as I may need time to get comfortable with them.
- I am curious. Be sure the house is safe for me to explore.
- I am becoming more aware of my feelings. I need to know that you are near because you are the centre of my world. I worry when I cannot see you. I need you to hold me and respond to my cries.
- I may get upset when I cannot do something. It may help if you talk to me in a gentle voice or interest me in something different.

Now may be the time to start offering me solid foods.

- Let me explore my food and show me how to feed myself. I may get messy, but this will help me discover what different foods feel and taste like.
- Give me lots of chances to use my fingers. Show me how to hold a spoon at mealtime.
- Always have me sit in a high chair and stay with me so I won't choke.

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.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/health

Dial 311 (within regional limits)



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

