

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.



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.

