

## Social-Emotional Activities for Babies 6 Months Old



<p>Learn your baby's special rhythms, and try to settle into a regular routine for eating, sleeping, and diapering. Talk to your baby about his routines. This will help your baby feel secure and content.</p>	<p>Your baby likes to hear new sounds. Bells, whistles, and barking dogs are all new and interesting. Talk to your baby about what she is hearing.</p>	<p>Get down on the floor with your baby and play with him on his level. Look at toys, books, or objects together. Have fun, laugh, and enjoy your time together.</p>	<p>When your baby cries, respond to her. Whisper in her ear to quiet her. Hold her close and make soft sounds. This will help her know that you are always there and that you love her.</p>
<p>Play Peekaboo and Pat-a-cake with your baby. Be playful, have fun, and laugh with your baby. He will respond with smiles and laughs.</p>	<p>Read to your baby. Snuggle up close, point to pictures, and talk about what you are seeing. Your baby will begin to choose favorite books as she gets a bit older.</p>	<p>Bring your baby to new places to see new things. Go on a walk to a park or in the mall, or just bring him shopping. He will love to see new things while you keep him safe.</p>	<p>Place your baby in new areas or in new positions when you are at home. The world looks very different from a new spot!</p>
<p>Let your baby begin to feed herself bits of food and use a spoon and a cup. She will begin to enjoy doing things herself.</p>	<p>Use your baby's name when you dress, feed, and diaper him. Say, "Here is Dusty's finger. Here is Dusty's foot."</p>	<p>Provide new, safe objects for your baby to explore.* Everything is interesting to her. Large wooden spoons and a soft baby brush are new things to learn about.</p>	<p>"Talk" with your baby. When your baby makes a sound, imitate the sound back to him. Go back and forth as long as possible.</p>
<p>Sing songs to your baby and tell her nursery rhymes. Make up songs about your baby using her name. This will make her feel special and loved.</p>	<p>Bath time* is a wonderful time to have fun and be close with your baby. Sponges, plastic cups, and washcloths make simple, inexpensive tub toys.</p>	<p>Enjoy music with your baby. Pick him up, bounce him gently, and twirl with him in your arms. Dance to new and different types of music.</p>	<p>Visit a friend who has a baby or young child. Stay close to your baby and let her know that these new people are okay. It takes a little time to warm up.</p>

\*Be sure to review safety guidelines with your health care provider.