

## To help your baby learn

- Play games with me like peek-a-boo and patty-cake.
- Bounce baby in your lap to the rhythm of music or rhymes.
- Fix a box or a drawer low to the floor filled with things to explore. A kitchen drawer can be filled with pots, wooden spoons, lids, etc. This will keep baby's hands busy as you work.
- Make time for safe floor play so your baby can practice pulling herself up by holding onto furniture.
- When feeding your baby, give her an extra spoon to use to feed herself. Try finger foods such as small bits of cereal which will help develop finger skills.
- Your baby now likes to play the game of "pick-up." Tie a string to a toy and secure it to the highchair where baby can get a hold of it. When baby throws it down, show her how she can pull it back up by herself.
- Give your baby things that make noise like squeeze toys and rattles. Babies this age also love large balls, unbreakable mirrors, floating bathtub toys, and blocks.
- Talk often to your baby. Tell her what is happening. Name things around her like dog, cup, bottle, shoes, etc.

For more information call your county health department.



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## Your baby at 8 months

Your baby is a wiggling, giggling, laughing, curious baby who is rapidly learning about her world. You can help her by talking, singing and playing with her. She may not be very patient. To teach her, be patient yourself. Tell her what to expect, and then follow through with what you have told her. You may be able to see your baby beginning to understand some of the things you tell her. She is very curious and wants to find out about things around her.

Help your baby safely examine and explore  
her world and satisfy her curiosity





# What is it like to be 8 months old?

## How I Grow

- I crawl backwards and forwards on my stomach.
- I pull myself up by holding onto furniture, but it is hard for me to get back down.
- I can stand up if I lean against something.
- I can sit without support for several minutes.
- I reach for things and hold them with my thumb, index, and middle fingers.
- I hold onto a toy, like a rattle, for several minutes.
- I pick up small things like pieces of string or crumbs.

## How I Talk

- I let you know if I am happy, sad, or scared by the sounds that I make.
- I still babble a lot and shout to get attention.
- I say two syllable sounds like ba-ba, da-da, and ma-ma. I recognize some words.
- I watch and try to imitate your mouth movements.

This flier describes a "typical" child at this age. Children are different and perfectly normal children may do things earlier or later than this description. If you have questions about your child's development, call your county health department. Also, in the interest of fairness, the gender of the child described in these fliers will alternate throughout the series.

**Adapted from "Parent Express", University of California Cooperative Extension Service.**

## How I Respond

- I like to pat and kiss my reflection in the mirror.
- I turn and listen when I hear familiar sounds like the telephone or my name.
- I love to imitate people I know.

## How I Understand

- I am very curious and I want to explore everything.
- I know how to solve simple problems, such as making a toy bell ring.
- I understand the meaning of "in" and "out." I remember things that just happened.

## How I Feel

- I'm often scared by new experiences and new people.
- I'm upset when you leave me, even for a short time.
- I feel so relieved when you return.
- I'm upset when people make a lot of fuss over me.
- I get frustrated or lose my temper if my toy rolls under the couch and I can't see it.

