

Dads make a difference

Your baby is discovering their world as they learn to crawl, use their hands more easily and begin to try out some first words. Try these ideas with baby:

- give your baby lots of praise - notice when they try new things "well done, that shape fits!" - this will help them to know you are on their side.
- give them lots of time to try and practice new skills.
- your baby learns by watching you - be a good role model.
- keep your baby safe by putting away small objects that could be swallowed or are dangerous like coins, marbles and pebbles. Now baby is learning to crawl, check the house is safe for a baby on the move.

Always keep an eye on your baby as they will be moving quickly - get a safety gate for stairs, safety locks for drawers and keep medicine out of reach!

Babies develop at different rates and learn new skills earlier or later than other babies their age. If you are worried about your baby's development talk to your local Child and Family Health Nurse or Doctor.

6-12 months

Parentline: 132 055
www.raisingchildren.net.au

Playing together

Your baby loves playing with you, so try out different games and activities together. These easy games can be fun:

- try an easy game like peekaboo. Your baby will love to play this over and over again.
- let them explore your face - talk about your eyes, nose and mouth.
- play with blocks, noisy toys, balls, cars and dolls. They can be fun and played with in all sorts of different ways.
- build a block tower together and let them have fun knocking it over. Your baby may want to play this game over and over again.
- take baby for a pram walk to the local park, beach or river. Talk about what you see - trees, children playing, the sea, ducks - and help build their understanding about the world around them. Don't forget hat & sunscreen!

Babies put lots of different things in their mouth so remember to watch them carefully when playing outside - and never leave baby alone in or near water.

- visit the local playground - gentle slippery dips, see saws and baby swings can be great fun for older babies. Remember - keep close to your little one!
- help them know how different things feel by playing with sand and mud and touching different flowers, leaves, rocks and feathers.



6-12 months

Reading together

6-12 months

Reading together is important even for babies. You can enjoy reading with your baby by:

- getting comfortable in your favourite chair or sitting on the floor with your baby in your lap.
- reading books with thick card or material pages – this way they can have a go at turning the pages without ripping them.
- looking at them as you read. Point to the pictures and talk about the things your baby is looking at. Don't worry about reading all the words.
- changing your voice to make the story more interesting – loud and soft, happy and sad.
- reading your baby's favourite book over and over again
- remember you don't always need to read a book – photo albums and magazines can be fun to look at and talk about.
- your baby may only want to look at a book for a few minutes, don't worry their interest and attention will increase over time.

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Talking together

6-12 months

Music helps your baby's brain grow and develop. Why don't you try these ideas and share some music fun with your baby:

- listen to all sorts of different music. Remember that loud music can frighten babies and may even damage their hearing.
- sing – your baby loves the sound of your voice. You can sing by yourself or sing along with some music. Don't worry if you don't know all the words or are out of tune, your baby will think it's great.
- make music together. Older babies will enjoy banging pots and pans with wooden spoons, playing with musical toys and shaking bells. Try different sounds fast and slow, loud and soft.
- make shakers and rattles at home. Fill a plastic bottle with uncooked rice or little stones, screw and tape the lid back on and shake away.
- actions songs and simple finger games are great fun for older babies. Give *One two three four five* and other simple songs a go!



One two three four five

One two three four five,
Once I caught a fish alive.
Six seven eight nine ten,
Then I let him go again.
Why did you let him go?
Because he bit my finger so.
Which finger did he bite?
This little finger on my right.

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