

Developmental Activities (6-9 months)

FINE MOTOR ACTIVITIES

- Give your baby 2 objects (simple house items like spoons, cups, blocks). Encourage them to copy you banging items together.
- Start giving your baby smaller objects (with close supervision), to pick up with their fingers. Include cereals, string, yarn, pegs, or straws. Have them pick objects out of your hand to use their fingers more.
- Play nursery games, such as pat-a-cake, or peek-a-boo.
- Start introducing cause-effect toys with buttons, knobs and switches. First show them and then do hand-over-hand so they see how to push, turn, etc. Finally have them try by themselves.
- Play with Jack-in-the-box, squeeze toys and musical toys.
- Encourage crawling with new experiences -- up or down an incline, outdoors, through tunnels, or over cushions.
- Practice sitting in an empty laundry basket or cardboard box (with close supervision).



GROSS MOTOR ACTIVITIES

- Once they are sitting on their own, place toys in front of them to encourage them to reach and play with toys. Begin to move the toys out of reach so they can begin to move from a sitting position to tummy time on the floor.
- When your baby is on their tummy, place toys all around them to encourage them to pivot on their tummy to each side.
- Begin to place toys further away from your baby to encourage belly crawling by pulling with their arms and pushing with their legs.
- Position your baby on hands and knees and support their belly as needed. Allow them to reach for toys that are placed above eye level and place toys further away to encourage crawling on their hands and knees.
- Place a toy on a low bench or table and help your baby reach up for the toy and shift their weight on to their knees to a kneeling position.