

# As a parent, you know your baby best.

You notice things such as how and when your baby smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through different developmental stages.

## If you have concerns...

Every baby grows at his or her own pace, but if you have questions about your child's development, talk with his doctor or nurse. You can also call the Family Health Hotline at 1-800-322-2588 or 711 (tty relay) for the name of a Family Resources Coordinator (FRC) in your area. An FRC can help arrange for a free developmental screening and further services, if needed. You do not need a referral from your doctor to be connected with an FRC.

More information is available at the Infant Toddler Early Intervention Program web site: [www.dshs.wa.gov/iteip](http://www.dshs.wa.gov/iteip)

# Watch & Help Me GROW

## 6 - 12 Months



**Family Health Hotline**

**1.800.322.2588**

711 (tty relay) • [withinreachwa.org](http://withinreachwa.org)

a program of

**WithinReach**



Washington State  
Department of Social  
& Health Services

Infant Toddler  
Early Intervention  
Program (ITEIP)



**Please Ask**  
**Babies Can't Wait**

**CHILD**  
**PROFILE**

[www.childprofile.org](http://www.childprofile.org)

Available in other formats upon request.  
Call the number above.

325-0068E Rev 5/08

# Developmental Milestones

Doing everyday things will help your baby develop...

Between the ages of **6 and 12 months**, your baby should be doing most of these things.

## ? MOVING

Does your baby:

- move things from hand to hand?
- reach, hold and put things in her mouth?
- sit with support (6 - 9 months)?
- pull himself to sit or stand (9 -12 months)?
- creep or crawl?

## ? UNDERSTANDING

Does your baby:

- imitate motions, like waving bye-bye?
- ask for things using motions and sounds?
- copy sounds (ba ba, ga ga)?
- begin to play simple games?
- respond to simple questions or requests?
- know parents from strangers?
- look for a hidden object?

## ? SEEING

Does your baby:

- crawl or walk without bumping into things, as if she cannot see them?
- make eye contact (look into your eyes)?
- hold objects at a normal distance (6-12")?
- look at things without crossing eyes or squinting (after 9 months)?
- seem to notice shadows, colors, or different textures?

## ? HEARING

Does your baby:

- respond to noises and his name?
- use a voice that is not too loud or soft?
- respond to toys that make noise (musical toys, telephones, squeaky toys)?

## you can **Play**

- Play on the floor with your baby.
- Play games and sing songs that involve hands and feet like "This Little Piggy," "Where is Thumbkin?" and "Pat-a-cake."
- Provide safe toys and a safe place for baby to move and explore.

## you can **Read**

- Cuddle together and read to your baby often.
- Be ready to read the same stories over and over. That's how babies learn.
- Talk about the pictures in the books as you read.

## you can **Talk**

- Talk, talk, talk with your baby. If possible, also use hand signs and gestures.
- Listen for and imitate sounds in the world around you.
- Talk, sing and laugh with your baby.
- Use different tones of voice: high, low, soothing.
- Be silly! Play games together and sing silly songs.

## you can **Listen**

- Listen and respond to your baby's sounds and gestures.
- Comfort your baby quickly.
- Listen to your baby's sounds and say them back.

## you can **Respect**

- Introduce your baby to others as you would any other person.
- Talk to your baby about things as they happen such as when you pick her up, give her a bath or feed her.
- Keep a daily routine which includes meals, play time, naps, bedtime.

If you have concerns about your baby's development, help is available.  
See the back of this brochure for information on who to contact.