

Being Dad, Being Proud

6-12
months

Now your baby is curious about everything and on the move – crawling, then walking. They are using their hands more and now trying some first words.

- notice and praise your baby when they do new things “well done, you did it” – this lets them know you’re on their side.
- give baby lots of cuddles and hugs and talk to them.
- watch them closely as they find out about objects by pushing, pulling and banging things.
- your baby learns by watching you – be a good role model, be a proud Dad!
- once baby starts crawling everything on the floor will end up in the mouth. Make sure there are no small objects around that baby can swallow like coins, pebbles and marbles.
- check the house is safe for a baby on the move – at this age they want everything they can get their hands on so make sure poisons and sharp or dangerous items are locked away.

Parent Line: 1300 1300 52
www.raisingchildren.net.au

**All Children are Different and Develop at their own Pace.
If you are worried about your Baby's skills talk to your
local Child and Family Health Nurse or Doctor or visit
your local Aboriginal medical service.**



Play time together

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Your baby loves playing with you, so try these games for some fun together:

- babies don't need toys that cost a lot – they will learn and have fun playing with cardboard boxes, saucepans, spoons, pegs ...and you!
- take baby outside and point to trees and birds and say their names to help your baby learn about their world – don't forget the hat and sunscreen.
- 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.
- local parks with gentle slippery dips, see-saws and baby swings can be fun for older babies. Remember – keep close to your little one!
- have fun playing with sand, mud and water – but never leave baby alone in or near water.
- try easy games like 'peek-a-boo' where you hide your face behind your hands.



Reading & yarnin' together

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Reading is important for your baby – make reading time fun:

- read simple picture books and look for books with different textures – baby will enjoy touching them.
- get comfy on the lounge or on the floor with baby in your lap.
- look at your baby as you read. Point to the pictures and talk about them – no need to read all the words.
- change your voice to make the story interesting – loud and soft, happy and sad.
- read your baby's favourite book over and over again.
- don't worry if your baby loses interest after a few minutes, this will change as they get older.

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Photo albums, mail, magazines can be fun for baby too – look and talk about the pictures.



Making music

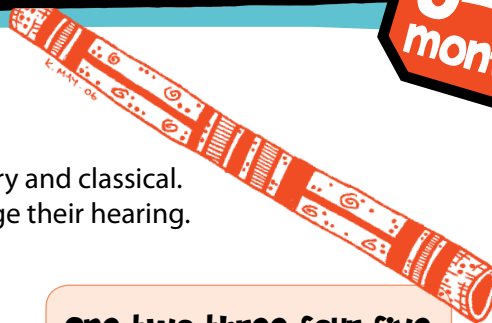
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Music helps your baby's brain grow and develop. Some ideas to share music fun with your baby:

- listen to all sorts of different music – try didge, pop, country and classical. Remember loud music can frighten babies and can damage their hearing.
- sing a favourite song – your baby loves the sound of your voice – even without music.
- make your own shakers by filling plastic containers that have lids with stones or rice (screw and tape the lids back on). Older babies love banging on saucepans with wooden spoons.
- learn some simple action songs to sing with baby. You can do finger actions to *One two three four five*.
- sing-a-longs can be a fun family activity, especially if someone plays guitar!

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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