

Getting to Know your 6 month old

How can I help my baby learn?

The best way to help your baby learn is to let him see your face. He will watch you to learn when he is doing something right or wrong. When he is practicing sitting up or crawling, he will look at your face. If you are smiling, he will know he is doing a good job. He will also look at you to learn what is safe and what is scary. Does your face look frightened or upset when he reaches for something new? This will tell him that he shouldn't touch it. Once he starts to reach for things, he won't always be able to stop himself fast enough. It is important to keep him away from dangerous things. Your baby learns a lot about the world by looking at your face. You are his first and most important teacher.



When will my baby learn to calm himself?

When your baby was younger, it was hard sometimes to figure out what he needed when he cried. He relied on you to understand his cues and help him stay calm. Now that he is older, he is better at showing you what is bothering him. He may be able to calm himself down when he's only a little upset. He might suck on something or hold a toy or blanket. He might close his eyes, turn away, or crawl away. When he's tired, scared or very upset, he won't be able to calm himself. Talking to him and holding him close will help him feel better faster.

Why does my baby point at everything?

Your baby isn't talking yet, but he's already learning a lot about words. Pointing is his way of telling you that he is ready to listen and learn! He wants you to tell him more about what he sees. Try talking to him. You might find that you repeat the words. You might say "that is a cat, a big cat" when you see a cat. Repeating words can help him learn the right words. Sometimes he may want to hold and even taste things around him. Sometimes he will be happy to just hear you talk to him about new things. Talking to your baby before he is using words is important, fun, and educational!



Why does my baby seem shy?

Your baby is changing every day. Now, she's able to remember many things. She can remember people she sees every day and she knows when someone is new to her. She may be shy around people she sees only once in a while. Even if she loved to see new people when she was younger, she may be more cautious now. Your baby is learning many new skills. Your baby may be moving around by rolling or crawling. It is easier for her to move away from you. Her instincts will tell her to stay close. She'll be cautious around new people. She may not want new people to pick her up or get too close. You can help her by asking friends and family to wait until your baby gets used to them before they try to hold her.



Why does my baby still wake at night?

Sometimes, your baby will wake up, even if she's been sleeping through the night for a while. Even adults don't sleep all night, every night. She may wake up more when there are changes in her life, like when she's sick or in a new place. Also, as she works on new skills, like crawling, standing, and walking, she will wake up more often. Because learning new skills is important, she will need a lot of practice. She may even wake up in the middle of the night to try new things. As she gets better at her skills, she will sleep more at night. Waking up with her is hard. She'll wake less often as she gets older.

How can I help my baby sleep longer at night?

There are a few things you can do to help your baby sleep more at night. Your baby doesn't need complete quiet or darkness to sleep. But, changes in noises and lights around her can make it harder for her to sleep. Make sure that the room is not too bright from electronics or outside lights shining in. She also needs time every day to stretch, move, and practice her new skills. She may not sleep well at night if she spends a lot of her day in a car seat or bouncy chair. It may also help to start using a bedtime routine. Your baby likes to know what will happen next. If she gets ready for bed the same way each night, she will learn to relax at bedtime and she'll sleep better all night long.

