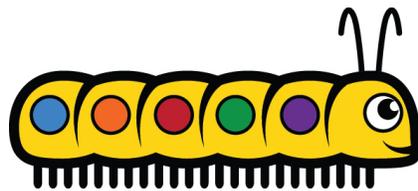




Connecticut Early Learning
and Development Standards

6-9 Months

Here are some ways that you can help your child learn and grow in all of the areas covered in the Connecticut Early Learning and Development Standards (CT ELDS). You may see some ideas in different areas that are almost the same. That's because children are learning a lot of different things as they learn more about the people and the world around them. These ideas don't have to be all you do with your child! You can think of new ways to build on everything included here. Just as your child is learning, you can keep learning ways to support your child's growth. The most important thing to remember as you use these strategies is to have fun and find ways to help your child learn every day!



Connecticut Office
of Early Childhood



Cognition

React to your baby's actions

Build your baby's awareness that their actions make an impact. When your baby drops something, say, "Uh-oh!" and act surprised. When your baby yells or makes a silly noise, copy the noise. When they shake a rattle, shake your head and make a silly face. Encourage them to repeat the action. Have fun and try to get a back-and-forth exchange going.

Give your baby ideas for using common objects

As your baby gains more control of their movements, you can begin to show them some simple actions. Show them how to roll a ball, push a car, or bang on a drum. Encourage them to imitate you. If they are interested but not sure how to imitate your motions, gently help them complete the action.

Play hide-and-seek or play peek-a-boo

Cover a toy with a light blanket and ask your child, "Where is it?" Uncover the item to show them where it is. Act surprised and make it a fun game. Cover it again and see if your child tries to remove the blanket. Play peek-a-boo, covering your face with your hands and then "peeking." Simple games of hiding and looking help young children learn that things still exist even when we don't see them.

Social and Emotional Development

Talk about feelings

Assure your child that you understand that they are frustrated, sad, or hurt. Talk about being excited and happy. Your child may not understand all of your words yet, but your words draw attention to changes in mood. Over time they will learn about feelings. When your voice is calm, it reassures your child that it's okay to have feelings, and that together you can handle the situation.

Respond to your child's likes and dislikes when possible

Your child may begin to show you when they like or don't like something. Sometimes you can't give your child a choice, such as when they need a diaper change. When you are able, allow them to avoid things they don't like or to have things they do like. Having their own likes and dislikes, and making choices, helps them to build a sense of self.





Physical Health and Development

Encourage movement

Place objects just out of your child's reach to encourage them to reach, roll, or stretch. If possible, get down on the floor with your baby and encourage them to move to get closer to you. Place your child on their hands and knees.

Provide a safe place for your child to sit

Sit your child in a safe place with soft surfaces for sitting, such as a blanket on the floor with cushions near them. If they get tired or lose their balance when reaching or moving, they will have a soft place to land. Provide your child with attention and something to look at, hold, or handle so they will stay in this position longer.

Give your child things to stack, put in containers, and bang together

Picking up blocks and putting them in a large container helps your child use their arms and hands together for a purpose. Provide cups or bowls that can be stacked or objects that will make noise when banged together so your child can use their hands in different ways.

Language and Literacy

Use familiar names

Say your baby's name often and use the names of familiar people or pets. Ask your child where someone is and respond if they look at or reach for that person. If appropriate, model a simple version of a person's name that your child might be able to imitate (e.g. "dada" for dad).

Name objects in your home

Use simple but accurate labels for common objects so your child learns these names. Show things to your child and say the object's name. For example, before handing your child a cup, you might say, "Here is the cup." When you say "cup" again and look at the object, you reinforce that the word "cup" is associated with the object.

Use gestures or signs with your child

Talking is a complicated process and simple gestures give your child an easy way to communicate as they learn to talk. Even if they don't start using them right away, show your child how you can use gestures (e.g. wave, lift arms to show "up", or bring the fingers of both hands together to sign "more").

Encourage your child to use their voice

Your child may not be talking yet, but they may be practicing using their voice. Encourage them to repeat syllables ("babababa" or "mamamama"), make silly sounds, hum, or even screech. As your child practices the sounds that they hear you making when you talk, they are getting ready to use words that have meaning.

