

Your Baby by 8 Months

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for babies by 8 months. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your baby's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your baby gets the support that they need to grow and thrive.



Growth and Movement Milestones



- Rolls from tummy to back and back to tummy
- Sits alone without support and holds head up
- Raises up onto hands and knees, rocks back and forth
- Uses finger and thumb to pick up objects
- Transfers objects from one hand to the other
- First teeth begin to appear. Lots of drooling
- Mouths and chews on objects
- Reaches for cup or spoon when being fed
- Drinks from cup with help
- Eating puree and finely chopped solid foods
- Closes mouth firmly and turns head away when no longer hungry

Cognitive and Language Milestones

- Explores objects by banging, shaking, and mouthing
- Reaches for objects
- Enjoys dropping objects over edge of highchair or crib
- Looks for ball when it rolls out of sight
- Searches for objects when covered
- Has distinct cries for hungry, wet, hurt, and lonely
- Makes noises to communicate approval or dissatisfaction
- Recognizes familiar voices and sounds
- Imitates sounds, facial expressions, and actions
- Babbles as if talking, squeals, laughs



Social and Emotional Milestones



- Begins to show signs of distress when separated from parents
- Begins to show fearfulness of strangers
- Shows distress if toy is taken away
- Shows fear of falling from high places such as chair, bed, or table
- Enjoys games of tickle
- Raises arms to be picked up
- Smiles at own reflection in mirror
- Recognizes family member's names
- Becomes distressed/cries when others are distressed

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Activities & Toys for 5-8-Month-Olds



Interacting with a baby between 5-8 months old is a fun and rewarding experience. Children in this age group are becoming more aware of their surroundings and are starting to develop their social and motor skills. Personalities are really beginning to develop, and children are really beginning to play. Here are a few activity and toy recommendations for this age group:

Activities:

- Help your baby to feel safe and secure by reassuring them you will be right back. Have a friend hold your baby and leave the room for just a few minutes and then promptly return. This helps your baby understand that you always come back.
- Act excited or happy when your baby demonstrates a new skill.
- Talk, read, and sing to your baby. Respond to your baby's babbling like you are having a conversation. While your baby is not talking yet, they are constantly absorbing language.
- Play hide-and-seek with toys under blankets and baskets.
- Use "back and forth" or "your turn and my turn" play with your baby.
- Make exaggerated facial expressions and let your baby mimic what you are doing.
- Singing songs and nursery rhymes. Add gestures that your baby will eventually imitate.
- Start using hand-over-hand to guide actions like bringing cup to mouth.
- Facilitate social interactions by arranging play dates with similar aged children. Children often learn from watching and interacting with peers.
- When your baby looks at something, point to it and talk about it. Say something like, "yes, that is a ball". This helps to develop language.

Toys:

- Child-safe mirror
- Measuring cups and spoons
- Balls, stacking rings, blocks
- Musical toys
- Picture books (cloth books are great)
- Dolls, stuffed animals, large cars, and trucks