



School Readiness Program
Provided by the WIC Program and First 5 LA

Your 5-7 month-old baby: Making things happen!



I am beginning to understand some words. Your baby may turn towards you when you say their name.

5-7 month-old babies are really fun! They laugh and smile when you play and read with them. Look inside this handout for games your baby will like.

Your baby is a scientist! 5-7 month-old babies love to make things happen. When your baby drops a toy and watches it fall, they are learning to make things fall. When you play peek-a-boo, your baby learns that you continue to exist, even when you cannot be seen.



Your baby may be getting teeth!

Every baby is an individual. Each baby is born with a different personality. Even twins are different from each other.

QUESTION: What is my 5-7 month-old baby learning about TALKING?

ANSWER: Since birth, your baby has noticed the tone and loudness of your voice. Now your baby is beginning to understand that different tones of voice mean different feelings. Loud means angry. Questions end with your voice going up. Your baby hears and notices vowels and consonants. Your baby notices how you put sound together to make words and sentences and will try to imitate them. Say your baby’s name and see if they turn and look at you.

QUESTIONS: What are 5-7 month-old babies’ MOVEMENTS like?

ANSWER: Your baby can sit with help. Sitting is exciting, but being able to use both hands is even more exciting! Put pillows around your baby to help your baby to sit.

5-7 month-old babies also sit leaning forward using their hands to hold them up. This can be frustrating if they want to use their hands to pick up a toy.

Your baby can move toys from one hand to the other. Your baby will sit and bang with a spoon. You do not need fancy toys. Plastic bowls, spoons and pots from the kitchen are great toys for 5-7 month-old babies.

QUESTION: Every time I give my baby a toy, he drops it and waits for me to pick it up again. How can I teach my baby to hold onto toys?

ANSWER: Your baby is a scientist! Your baby will try the same activity again and again. Be patient. You may get frustrated after you have picked up the toy 20 times. Your baby is not trying to make you mad. Your baby is not trying to disobey. This is how your baby learns. 5-7 month-old babies love to make things happen. When your baby drops a toy and watches it fall, he is learning to make things fall. This does not mean that you must pick up the toy every time.



Try this!
Talking and moving go together. Now that your baby can use both hands, play clapping games. While you say the rhymes, do the actions.



Try this!
When you talk to your baby, you are teaching language. **TALK SLOWLY.** Use the **SAME WORDS** again and again. **REPEAT** what your baby says, like “Ba, ba, ba.” Repeating shows that you are listening.

SAY THIS:	While you DO THIS:
Patty cake, patty cake, baker’s man Bake me a cake as fast as you can	<i>Clap your baby’s hands together in time to the bold words</i>
Roll it	<i>Roll your baby’s hands around each other</i>
And pat it	<i>Pat your baby’s hands together</i>
And mark it with a B	<i>Draw a B on your baby’s palm with your finger</i>
And put it in the oven...	<i>Pretend to put something into an oven</i>
For Baby	<i>Point at your baby</i>
And me!	<i>Point at yourself</i>

Try this!

Give your baby lots of chances to make interesting things happen. Show your baby how to pour water from a plastic cup into the tub. Help your baby fill the cup and pour it into a plastic bowl or another cup. Never leave your baby alone in the tub, not even for a minute.

Exploring the world!

QUESTION: What does my 5-7 month-old baby SEE?

ANSWER: Your baby now sees all of the colors. Your baby can see objects and people that are all the way across the room. Your baby can follow objects with her eyes. If your baby does not seem interested in looking at new things, ask your doctor.

Baby sees! Baby grabs! Baby puts into mouth! This is one way your baby explores. Check your baby's toys often so your baby can explore safely. Babies can choke on small objects. Make sure that none of your baby's toys have small parts that can come off (like eyes on stuffed animals). If an object fits through a toilet paper roll, it is too small to play with. Never let babies hold balloons. More children choke on balloons than on anything else.



Try this!

Watch your baby's eyes follow objects. Help your baby sit by putting pillows around him or her. Then roll a ball to your baby. Remember to talk about what you are doing. Say, "BALL, see the BALL? Here comes the BALL!" Roll a ball to the wall so that your baby can see it bounce back. Say, "The ball is going, going, going ... Boom! Now it is coming back!" Do not worry about the exact words you say. Just talk to your baby.

Let's talk about temperament!

QUESTION: My older child is quiet, calm, and cuddly. My baby cries a lot, doesn't sleep much, and gets upset when we go to new places or when a new person is around. Why?

ANSWER: Your children have different **temperaments**. Temperament is not learned. Your baby may be born with an easy, difficult or slow-to-warm temperament.

Easy babies are usually happy. They enjoy new people and places. They sleep through the night earlier than other babies. They follow regular schedules for eating and sleeping. These are babies that parents can take everywhere with them. If you have an easy baby, parenting is easier.

Difficult babies cry a lot, respond strongly to changes, and are sensitive to bright lights or loud noises. They will probably take longer to sleep through the night. If you have a difficult baby, try to keep lights and sounds low. Holding your baby close may help your baby feel safe in new places and with new people. Try to keep trips short. Try not to feel guilty or think that you are doing something wrong if your baby is difficult.

Slow-to-warm babies need more time than easy babies to feel comfortable in new places or with new people, but are not upset as easily as difficult babies. Most babies are slow-to-warm. If you have a slow-to-warm baby, give your baby time to feel comfortable before letting someone new hold him or her. You will learn how your baby shows you that they feel ready to try something or someone new.



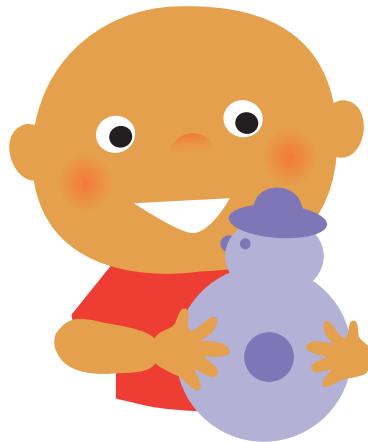
QUESTION: When will my baby get teeth?

ANSWER: Any time soon! Sometime in these months, your baby's first teeth will appear. This is called "teething." Some teething babies cry and often drool. Sometimes teething babies get a low fever (less than 100 degrees). Chewing on a hard, cold (but not frozen) teething toy can help your baby feel better. Take care of your baby's teeth before you see them. Wipe your baby's gums with a soft cloth or use a soft baby toothbrush everyday.

QUESTION: What are the best TOYS for 5-7 month-old babies?

ANSWER: You are more important than any toy. Read to your baby every day. Play on the floor with your baby every day. Cuddle your baby every day. Talk and sing in every language you know.

When you read, put as much feeling into your voice as you can. You may feel a bit silly saying, "Look! A yellow bus!" with excitement in your voice. Your baby's smiles will show you how much your baby likes the way you read.



Screen time is not recommended for infants under 18 months. Any media use should be very limited and only when an adult is standing by to co-view, talk, and teach. Remember, screen time includes TV, cell phones, computers, tablets, and other hand-held games and devices.

Safety Corner



If you use jarred or store-bought baby food, here are a few safety tips.

- Check the "use by" dates and throw away the food if the date has passed.
- Rinse all containers before opening.
- You should hear a popping sound when you open a jar. If not, throw it away.
- Watch out for microwaves—baby food gets hot quickly. Stir the food and test it first.
- Feed your baby from a small dish, not directly from the baby food jar. This helps keep germs away.
- Ask WIC for more information on how to make your own baby foods.



First 5 LA

First 5 LA is a child advocacy and grant making organization created by California voters to invest Proposition 10 tobacco tax revenues in programs for improving the lives of children from prenatal through age 5 in Los Angeles County. First 5 LA champions health, education and safety causes concerning young children and families. For more information, please visit www.first5la.org.



The WIC Program

WIC provides nutrition and health education services, breastfeeding support, referrals to community agencies and healthy food to eligible women, infants and children under age five. This institution is an equal opportunity provider. For more information, please visit www.wicworks.ca.gov.