

Ages & Stages

Infants

5 To 8 Months Old



HE-730-C

Alabama Cooperative Extension System
Alabama A&M and Auburn Universities

Your infant is gaining more body control and is eager to move around and explore. Babies at this age are no longer happy to just sit quietly and look around. They are generally cheerful and energetic and interested in everything. Sitting up, playing, babbling, touching things, and moving around help your baby learn about the world.

What's It Like To Be...?

5 Months Old

- I recognize my name.
- I can reach for and hold objects.
- I can stand firmly when held.
- I watch your mouth and try to imitate you when you talk to me.
- I may cry when I see strangers.

6 Months Old

- I can roll from my back to my stomach.
- I can sit with little support.
- I look around when I hear sounds.
- I'm beginning to understand some words by your tone of voice.

- I babble and squeal and listen to my own voice.

- I can reach for things and put them in my mouth.



7 Months Old

- I may have some teeth.

- I can sit for a few minutes without support.

- I can creep on my stomach, pulling myself around with my arms and legs.

- I pat and smile at myself in the mirror.

8 Months Old

- I can crawl and pull myself up by holding on to things.

- I can sit by myself steadily for 5 minutes.

- I am very curious and want to explore everything.

- I can pick up small things with my thumb and first two fingers.



Your Baby Wants You To Know:

Please be patient with me when I try to grab things I see. It's how I learn.

I'm shy and sometimes scared of strangers, so please stay with me when they are around.

I'm starting to have strong feelings about what I want and don't want to do.

I like to be hugged for no special reason.

I like it when you talk to me and call me by name.

Let me practice creeping and crawling on a clean surface or floor.

I feel close to you when you play with me by describing what I'm touching, seeing, smelling, hearing, and feeling.

I eat better if you are patient with me and mealtime is relaxed and pleasant.

I need your loving attention, playfulness, and affection.

Every baby is different. If you watch me closely, you will get clues about how I like to be handled.

How Do Infants...?

Think And Learn

- They can remember what they just did.
- They look for things they've dropped or that are hidden.
- They can only concentrate on one object or toy at a time.

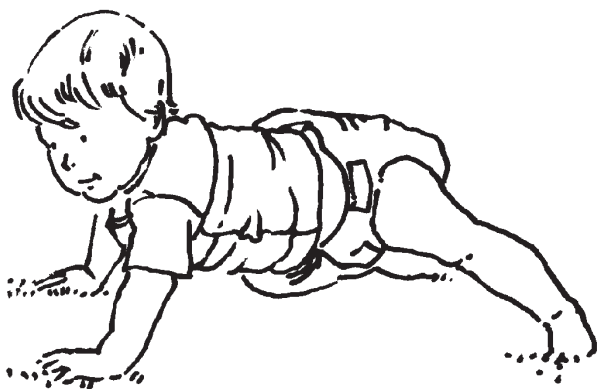
Grow Socially And Emotionally

- In unfamiliar situations, they watch their caregivers to see how they should react.
- They can recognize the meaning of familiar facial expressions.
- They are beginning to learn about their feelings.

Play

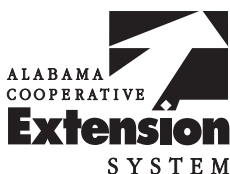
- They can play pat-a-cake, peek-a-boo, and wave bye-bye.
- They like toys that make noise, like bells, rattles, or music boxes.





All children grow, learn, and develop at different rates. The information in this brochure is considered typical for this age. If we do all we can to help children develop now, they will have the best chance to do well in school and in life.

This brochure was developed by the Child Care Resource Center and the Alabama Cooperative Extension System.



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