

9 MONTH VISIT

1

PAUSE

Your child is looking to you to see how to react to new things and people. Pay attention to your own reactions – your face, body and voice – and think about what you may be telling your baby.

2

PRACTICE

Introduce finger foods! Having your child practice picking up food and feeding themselves develops independence and is also an important step towards learning to write! Developing hand muscles and coordination is an early way to prepare for school.

3

EXPLORE

Babyproofing is a great way to help create a safe place for your baby to explore. Try and find at least one safe space for your baby to move around without having to worry about things that are dangerous. Being safe to explore on their own helps them build independence!

4

LOOK

Look at things with your baby and talk about them. Paying attention to the same thing at the same time, like “I see you looking at the bus...that looks like the toy bus we have at home,” helps your child to make connections.

5

LISTEN

Take turns. Talk back and forth with your baby whenever you can. See below to learn why this is important and what you can do.

Babble Together

Vroom™ Tip: Take a moment to notice any sounds that your child is making. When your child starts to make noises, treat it like a conversation and repeat the sounds back. See how many times you can take turns, going back & forth.

Brainy Background

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These babble chats build brains—especially when they’re beginning to make sounds. That’s how they learn to talk. By following their lead and taking turns, you are laying a foundation for language and communication later on. For more tips like these, download the free app at www.Vroom.org!