Your baby’s development from 7-9 months
This booklet is a guide to your baby’s progress and shows you some of the things your baby should be doing now.

If you need further information or have any concerns about your baby, please visit your local Child Health Clinic or contact your Health Visiting Team.
Speech and language
Does your baby babble (such as ba-ba dada).
Begin to recognise own name.
Enjoy music and rhymes and will join in e.g. pat a cake.
Enjoys making sounds e.g. ba ba ba and will take turns making sounds with you.
May understand simple commands e.g. Bye bye.
Often responds to the word "no".
Will look at you when you talk to your baby.
General development

Does your baby?....

Play peek a boo
Bang two objects together, for example bricks
Look for objects hidden out of sight
Hold and bite a piece of fruit
Take everything to mouth
Try to grasp a spoon when being fed
May be able to sit unsupported for a short while
Make some attempt to crawl

Look at me roll

I love to bounce on my legs

Keep hot drinks off the floor and coffee table
Books for babies
Reading books to babies is fun and it encourages babies to make sounds and join in with nursery rhymes.

I ♥️ books

I can join the library
Feeding your baby

Breast feed up to one year or longer.
Do not give cow's milk to drink until 12 months old.

Your baby will be beginning to chew.
Think about introducing different textures and variety of finger foods.
By the age of 6 months baby's iron needs to be increased.

Dental care

Start brushing your baby's teeth as soon as they appear in the mouth.
Use a small baby brush and a tiny smear of fluoride toothpaste.

Make tooth-brushing a part of your baby's morning and bedtime routine.
Choose sugar free snacks and drinks between meals, but limit these.
NEVER PUT ANY SUGAR SWEETENED DRINK INTO A FEEDING BOTTLE FOR YOUR BABY.

Encourage your baby to drink from an open cup as soon as he can hold one. Try to discourage bottle feeding by the age of one year.

Try: Mashed fruit
Mashed vegetables
Yoghurt
Grated cheese
Toast
Chapati

Try: Beans & pulses
Meat, Fish, Bananas, Raisins, Green vegetables
Safety
Are you protecting your baby from accidents both in and out of the home.
Think about the following items:
- Fire-guard
- Stair gate
- Socket covers
- Safety harness when using a highchair or pushchair
- Don’t leave baby on the sofa
Your baby will be beginning to explore now.

Scalds and burns:
- At least 10 minutes under cold water

Don’t iron on the floor

Always keep hot drinks out of reach

Travelling
Consider safety when travelling.
Always use an infant car seat which is fitted correctly. Sit baby in the rear of the car.