

BASICS INSIGHTS

9 MONTHS

Science-based facts and suggested activities to boost your 9-month-old's brain development and learning!

FACT When you chat with your child about what you're doing together, their brain is soaking in the sounds and meanings—even though they can't talk yet.

TRY THIS

- While your child is playing, talk to them about what they're doing. See how they respond and keep the back-and-forth going.



**Talk, Sing,
and Point**

FACT Your baby doesn't need fancy toys. At this age, most household objects are still very interesting to them!

TRY THIS

- Find household objects—like empty boxes or plastic bottles—that your baby has never played with.
- They might bang objects together or drop them over and over, not to be naughty, but to learn how things work. Learning can be noisy and messy.



**Explore
Through
Movement
and Play**

FACT Your baby understands the difference between you and other people, and may get upset when you leave. This is normal. Over time, your baby will learn that they can count on you to come back to them.

TRY THIS

- When you have to separate from your baby, talk and smile to reassure them. Use a phrase like "Mommy/Daddy will be back."
- If you have to leave and they're still upset, try not to become too stressed yourself.



**Maximize Love,
Manage Stress**

The Basics Principles are 5 FUN, SIMPLE, POWERFUL WAYS

To give your child a great start!



Maximize Love, Manage Stress

Children thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to show your love. You will help them develop a sense of security and self-control.



Talk, Sing, and Point

Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and point to help them know what you are talking about.



Count, Group, and Compare

Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.



Explore Through Movement and Play

Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



Read and Discuss Stories

Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. Talk about the pictures. Make it fun.



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