

# 6 Month Visit



## Tell

Say goodbye to your baby every time you leave, even if it makes your baby cry. Practicing saying goodbye will make separating from you easier in the future. Avoid sneaking out, as this can make your baby worried that you may leave at other times and that she has to keep checking.

## Follow

What is your baby is interested in? Notice what your baby is looking at and talk about it. Learning works best when you let your baby lead the way.

## Bedtime

Develop a special bedtime routine for the two of you. This can involve reading, bath, snuggles or songs! Try and find something you can do every night. Your baby will get excited for it and it can make bedtime easier.

## Read

Reading together is a great way to introduce new words and spend quality time with your baby. Don't worry about finishing the whole book or reading what is on the page— use the book to start a conversation and show your baby how much fun reading can be!

## Play

Playing peek-a-boo will help your child learn that things and people who disappear...come back!

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### Nightly Routine

As you get your child ready for bed, talk to them about what you're doing—taking off their daytime clothes ("night night clothes") turning the lights down ("night night lights"), closing the shades ("night night outside").

**Suggested Age**

Vroom is not a diagnostic tool. For more info ask your child's doctor.

**0 -12 months**

### Brainy Background™



Regular routines help children learn to go to sleep more easily. When you name the activities, you're helping them learn words for these activities—even before they can say those words themselves.

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