

Your Growing Baby:

At seven months your baby:

- Makes many new sounds with their mouth and tongue.
- Knows their name.
- Reaches with one hand.
- Enjoys social play.
- Sits without support.
- Rolls to the left and right.
- Explores with hands and mouth.

At eight months your baby:

- Drinks small amounts from a cup.
- Reaches for things on purpose.
- Passes a toy from one hand to the other.
- Likes to throw things.
- Looks for things when asked. For example, if a parent asks, "Where is the dog?" baby will look for the dog and may point to it.
- Watches people and things.
- Likes to be held.
- Is shy around strangers.

Health Care Needs:

- If your baby did not get a well-child checkup and shots at six months, make sure they get them as soon as possible.
- Keep cleaning baby's gums (and teeth if they have any) with a soft clean cloth or soft toothbrush (without toothpaste) after eating.
- Your baby may have several colds in the first year. Saline nose drops and cleaning baby's nose with a bulb syringe may help your baby breathe better.
- A cool mist humidifier may help if your baby has a cold. Ask your baby's health care provider for information.
- Your baby needs a smoke-free home and car.

Nutrition:

- Let your baby try finger foods that are soft, easy to swallow and cut into small pieces like cut-up banana, dissolvable wafer-type crackers, scrambled eggs, well-cooked pasta and well-cooked, cut-up potatoes.
- Do not give baby foods that require chewing or is a choking hazard. Avoid hot dogs, nuts, chunks of meat or cheese, whole grapes, popcorn, chunks of peanut butter, raw vegetables, fruit chunks, or hard, sticky candy.
- Let your baby learn to hold and use a cup to drink water (no more than 1 cup or 8 oz/day). Babies younger than 12 months should not be given juice.
- Expect mealtime to be messy.
- Make mealtime a happy, relaxed time.

Safety:

- Check your home to be sure it is "baby proof." Your baby is moving around more and pulling up on things. Put covers on electric sockets, fasten cabinet doors and block stairways with gates.
- Never let anyone shake or throw your baby in the air!
- Never leave your baby alone in water. Your baby can drown in even a small amount of water.
- Keep plastic bags and wrappers out of your baby's reach.
- Keep emergency numbers by your phone.
- If you have no phone, have an emergency plan. Keep phone numbers in a special place. Know where you can make a phone call quickly.
- Keep your baby safely away from hot things like heaters and fireplaces.

Seven- to eight-month-old baby



Your Growing Baby:

continued...

Car Safety:

- Put your baby in a car safety seat every time they are in a vehicle.
- Use an infant car safety seat that faces backwards.
- Put the car safety seat in the middle of the back seat.
- Be sure the car safety seat is fastened into the vehicle the right way.
- Be sure your baby is strapped into the car safety seat the right way.
- Car safety seats get very hot in warm weather and can burn your baby. Check the temperature of the seat before placing baby in the seat.
- **NEVER leave your baby alone in a vehicle — not even for a minute!**

Clothing:

- Your baby's clothes need to be roomy so it is easier for baby to move.
- Make sure clothes are not so big that your baby gets tangled in them.
- Clothes should cover your baby's knees to keep them from getting hurt when on their tummy or crawling.
- Shoes are not needed until baby is walking.
- Foot coverings should be roomy.
- Bare feet in warm weather are fine.

What kinds of toys are good for seven-to-eight-month-old babies?

- Household items, like hard plastic measuring cups and bowls
- Stacking toys in different sizes, shapes and colors
- Toys that let baby put items in a container
- Balls of different sizes
- Toys with knobs, dials and mirrors
- Toys that make sounds or play music
- Baby books with board or cloth pages
- Choose toys labeled for your baby's age. Toys should be sturdy with no small pieces that come off. Toys should have smooth edges.
- **WARNING!** Your baby can choke on balloons, small toys or toy parts.

Things you can do to show your baby you care about them:

- Gently hug, cuddle and kiss your baby.
- Sing, play, talk and read to your baby.
- Dance to music with your baby.
- Name things like objects, animals and body parts.
- Ask your baby where things are.
- Praise baby when baby does what you want.
- Be a good role model. Act the way you want your baby to learn to act.
- Take time for yourself.
- Let your baby know you love them all the time, even when your baby is having a bad day.

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Division of Children's Health and Perinatal Services



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