

## **DEVELOPMENTAL MILESTONES**

Babies are fun. They make dramatic changes very quickly. Knowing what to expect is useful in selecting activities and toys that are appropriate to your child's developmental age. Remember, a preemie's age must be corrected to when the child should have been born. There is a lot of room for individual variation, so relax and enjoy! Here are some guidelines for the average baby.

**Age range: 8 –10 months**

### **Social Skills:**

**Baby Has:** Stranger Anxiety

**You Can:** Let your child observe strangers from a safe distance for a while before physical contact is attempted. Remember, a grandparent who has not been seen for a week is a stranger to an 8 month old.

### **Gross Motor:**

**Your child can:**

Combat Crawl progresses

Crawl on hands and knees.

This often begins with backward movement.

**You can:**

Place on hands and knees while supporting trunk and gently rock back and forth.

Gentle short downward pressure on shoulders and hips can reinforce position.

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Pull to stand.

Provide objects the child can pull up on that are stable and don't have sharp edges.

Cruise.

Minimize time in a walker to permit child to develop his/her own motor skills.

Enjoys throwing things on the floor.  
This is practice for understanding "object constancy".

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