

Development at 7 Months: What Your Baby Can Do



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Highlights

Between 5 and 7 months, your baby may develop their first tooth, often appearing in the lower jaw.

At 7 months, your baby may begin crawling, rolling, or shuffling to move around. Your baby may show excitement when you enter a room and may experience separation anxiety, especially at night.

Your baby will likely be babbling and beginning to mimic language sounds, such as "mama" or "dada."

What milestones can I expect from my 7-month-old?

Your baby is growing rapidly, likely sitting up on their own and beginning to explore the world around them. Although breastmilk or formula will remain their

primary nutrition source, they will start eating solid foods.

Between 5 and 7 months, you may notice the first tooth bud appearing in the middle of their lower jaw. While teething may cause discomfort, don't worry if your baby hasn't started teething yet-it's normal for some babies to not have teeth until they reach 12 months.

Your baby will likely be eating solids now, enjoying foods that they can chew or feed themselves. Offer a variety of soft foods, but avoid foods that could cause choking, such as nuts, seeds, or chunks of raw fruit.

How can I support my baby's development?

Physical development

By 7 months, your baby's fine motor skills are improving. They may be able to pick up objects with one hand, pass items from hand to hand, or clasp their hands together. They will also love exploring with their hands by dragging objects toward them and examining them closely. Banging things together and putting them in their mouths is a normal part of this exploration.

Many babies at this stage can sit unsupported, but make sure to surround them with cushions in case they fall. They may also be able to turn to reach for something and even sit up on their own from a lying position. Some babies will start crawling, rolling, or shuffling.

It's a good time to baby-proof your home, especially as your baby becomes more mobile.

Cognitive development

Your baby's memory is improving, and they will start looking for objects that have been hidden or dropped. Toys like jack-in-the-boxes or pop-up books will engage them as they begin to understand and remember simple stories and actions.

Social development

Your baby's awareness is growing, and they will likely become excited when you

enter a room. Separation anxiety may begin around this time, and your baby may call for you during the night when they feel you are not around. This is a typical phase that will gradually fade as they become more secure.

Emotional development

At this age, your baby may begin testing boundaries and refusing to follow your requests. This is a normal part of their development and doesn't mean they are misbehaving.

Language development

By 7 months, your baby will be babbling and may begin mimicking language sounds, such as "mama" or "dada," though they won't yet understand the meaning of these words. They will use sounds and facial expressions like grinning or frowning to communicate and grab your attention.

Signs of developmental concerns

While babies develop at different rates, you should talk to your doctor or health professional if your 7-month-old:

Isn't trying to make sounds or learn to speak.

Doesn't respond to familiar voices, sounds, or faces.

Isn't rolling over from front to back or back to front.

Isn't babbling or making sounds.

Doesn't play with their feet or swap objects between their hands.

Tools and Assistance

If you have concerns about your baby's development, the following resources may be helpful:

Pediatricians: Can guide you through your baby's growth and address any concerns.

Parenting groups: Support from other parents can offer insights and advice.

Speech therapists: If your baby's speech development seems delayed, a speech therapist can assist.

Occupational therapists: Can help if you have concerns about your baby's motor skills or development.

Parenting books and online resources: Can provide valuable tips for engaging with your baby at different stages.

Speaking with a healthcare provider will ensure you receive personalized guidance for your baby's development.