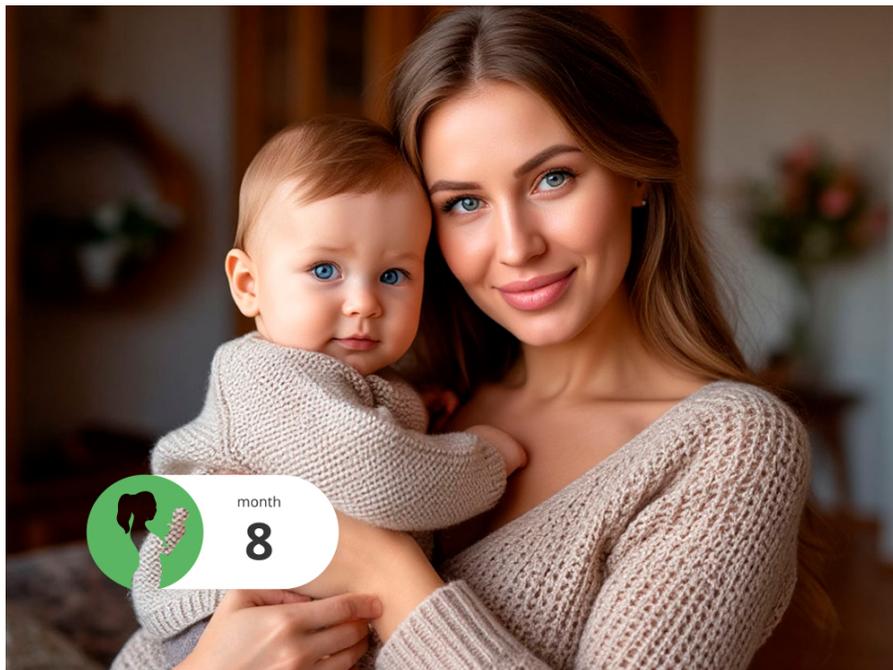


Development at 8 Months: What Your Baby Can Do



Highlights

By 8 months, your baby may be eating solid foods along with breastmilk or formula.

Your baby is likely sitting confidently without support and may be crawling or shuffling on their bottom.

They may start pulling themselves up to a standing position, so ensure dangerous items are out of reach.

Your baby may start showing signs of separation anxiety and may become anxious if you're not around.

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What milestones can I expect from my 8-month-old?

At 8 months, your baby is likely moving around a lot as they explore their

environment. This newfound mobility will require your attention and energy, but it's exciting to witness their curiosity develop.

Your baby will probably be eating solid foods alongside breastmilk or formula. At this stage, many babies enjoy finger foods such as small pieces of soft raw fruit (banana or avocado), boiled vegetables (soft beans or pumpkin), toast, or rusks. While breastmilk or formula will remain the main source of nutrition, as they consume more solids, their milk intake may decrease. To ensure proper nutrition, space out milk and solid meals.

Around 8 months, you may notice the appearance of your baby's first tooth bud, likely on the bottom jaw. If they aren't teething yet, don't worry-this is completely normal. As teeth begin to grow, drooling may increase, and a teething ring can help alleviate some discomfort.

How can I support my baby's development?

Physical development

By 8 months, your baby is likely sitting well without support and may be crawling or shuffling on their bottom. If your baby hasn't started crawling yet, don't be concerned-some babies skip crawling entirely and move straight to walking.

Many babies this age are also developing the strength to pull themselves up to a standing position using furniture. It's important to remove any dangerous items, like electrical cords or unstable furniture, to keep your baby safe. While bumps and knocks are a normal part of childhood, it's important to create a safe environment for exploration.

Cognitive development

Your baby will be keen to search for objects that have been dropped or hidden. They might start pointing at objects with their index finger and will enjoy putting things in their mouth. They may also understand the purpose of different objects and enjoy interactive toys, such as baby activity centers that make noise when pressed or twisted.

Your baby's vision will have improved significantly, allowing them to perceive depth similarly to adults. They can see you from across the room and may even look around when you name people. They might point to objects in a book when you say their names.

Social development

At 8 months, your baby may begin to show signs of separation anxiety, crying or clinging to you when you leave. This is a normal developmental phase, and as your baby learns to trust others, the anxiety should lessen over time.

Emotional development

Your baby will feel most comfortable when you are around, and may experience anxiety or stress when you are not present. They will feel secure enough to explore and play when you are nearby but will return to you for reassurance.

Language development

By 8 months, your baby may begin responding to their name and recognizing the names of other people in your household. They will continue to babble and enjoy engaging with you through "chats."

Signs of developmental concerns

At 8 months, talk to your doctor or health professional if your baby:

Hasn't started moving or holds their body stiffly instead of sitting.

Shows no interest in or doesn't reach for objects.

Doesn't recognize you or a main caregiver, or doesn't make eye contact.

Doesn't respond to voices, sounds, or their own name.

Isn't babbling or repeating sounds.

Tools and Assistance

If you are worried or would like to discuss any concerns with your baby's development, the following resources can offer support:

Pediatricians: Can help track your baby's growth and provide advice on any developmental concerns.

Child health nurses: Offer guidance on milestones and growth, and address any issues that arise.

Parenting support groups: Connecting with other parents can offer comfort and advice during challenging moments.

Speech therapists: If you are concerned about your baby's language development, speech therapists can assist.

Occupational therapists: If you notice delays in motor skills, they can guide your baby in building muscle strength and coordination.

Nutritionists: Offer advice on feeding your baby and ensuring they are getting the proper nutrients.

If you have concerns, speaking with a healthcare professional can give you peace of mind and help address any developmental concerns.