How You Can Build Help Your Little One Build Their Character

This is one of the most important moments in your child's development. At this stage, the digestive system is stronger and better developed. You may now start feeding your child supplementary food. Other than providing your child with the required nutrition, supplementary foods will also introduce your child to food texture to prepare your child for solid foods.

Motor Skills Development
Your child is ready to sit at this age, as well as lift and move their head, roll over and hold objects. For practice, you can let your child sit down on your lap and hold your child's weaker parts, then slowly let them sit without any support. Now, give your child a soft and safe toy, so that they will be busy with their hands and learn how to sit with no hand support.

Social & Emotional Skills Development
You have to be careful with your child's emotions. At this age, your child becomes more possessive of those close to him. Research by Dr. Sybill of the Texas Tech University has shown that six month-old babies project negative responses when their mothers are concerned about others or something else, even if it is a toy. So, it is normal if your child does not let you go when another baby steals their spotlight. Such situation can be quite taxing. Relax and take a deep breath. Assure your child by hugging them and
whispering words of comfort. You can also ask your child to play with other babies, so that your child will be used to accepting others.

**Language Skills Development**

Other than your voice, your child is now able to hear other sounds. They will actively search for the source of the sound and follow it. Your child will also mumble and try to produce the same sound. To test their hearing, place your child on a mattress, clap your hands and call their name. Your child should react and look at you when they hear you call, and might even try to answer or reach for you. Another way to stimulate your child's hearing skill is to play a musical instrument. This activity is useful for introducing new sounds for your child to follow.

**Cognitive Skills Development**

This is the time for your child to learn how to pick up an object with their hands. To train your little one's hands and encourage their curiosity, try to place some colourful toys around them. Your child may crawl forward and try to grab the toys. As of now, your child cannot get rid of the habit of putting objects in their mouth, so make sure you clean the toys before letting your little one play with them.

As your child has started consuming solids, you should pay special attention to supplementary foods. Your child's digestive system will adapt not only to the new food textures, but also the foods' nutritional and hygiene levels. If the food has low nutrition or is less hygienic, your child may suffer from diarrhoea. Give your child a break for one week after feeding your child with supplementary food to know whether they suffer from digestive disorders like diarrhoea or other allergic reactions. Meanwhile, please do not miss the third vaccination for Hepatitis B, Polio, DTP, HiB, PCV and Rotavirus.