

Home > Residents > Education and schools > Early years and childcare > Family Hubs and Start for Life > Start for Life > Help and support > Babies aged 6 to 12 months

Babies aged 6 to 12 months

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You'll continue to see your health visitor at home when your baby is aged six to 12 months. They will check in on you and your baby, looking at their progress and offering general health and wellbeing advice.

- You can book on to 'starting solids workshops' ready for your child to eat food at six months old
- Discuss your child's development with your health visitor at their development check
- Your child will be offered vaccinations at one years old

Child's development

All children develop at their own pace as they learn about themselves, their family and world.

Development you may see at this stage includes:

- Enjoy playing peek-a-boo and looking at things to hide
- Can sit up and start to sit without support
- Pointing at thing with their fingers
- Starting to cling to adults they are familiar with
- Starting to pull up to stand

Supporting your child to grow

- Follow your baby's signals and get them to take the lead at playtime
- Read some books with pictures, encouraging your baby to point
- Identify the object your baby notices in the everyday environment or in the house and name them. This will help their language to develop

Help and support

The [parent infant service in Blackpool](#) works with parents to support positive bonding and attachment in the perinatal period.

Your [local Family Hub](#) can support with a number of things that can impact on your parenting life such as debt, housing and relationships.

The [I Can Cope \(ICON\) programme](#) helps to support parents and carers to understand the normal crying pattern of young infants and keep babies safe.

Find out more about your [child's development and what to expect when](#).

Blackpool Council

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