

Useful Tips To Encourage A

Seven-Month-Old's Development



Provide enough tummy time to boost your baby's muscle growth

Help the baby do assisted sit-ups to strengthen their leg and spine muscles



Read colorful illustrative story books to the baby to boost their language skills

Encourage your baby to self-feed under supervision



Take your baby to play with other babies or family members for social play

Give your baby appropriate toys for their age that can help in nurturing skills

