

Developmental Milestone Checklist

6-9 Months Old

by: [Help My Baby Learn](#)



helpmybabylearn™

Cognitive

- Enjoys playing with paper
- Attends to one toy for 2-3 minutes
- Plays Peek-a-boo
- Imitates a gesture (i.e. clapping hands)
- Finds a toy hidden under a cloth

Fine Motor

- Reaches for toys using only 1 hand
- Picks up small objects using a raking motion
- Picks up small objects using an inferior pincer grasp
- Transfers toys from one hand to the other
- Bangs toys on the table

Gross Motor

- Sits without using arms for support
- Rises up to sitting independently
- Transitions from sitting to stomach with control
- Crawls forward on stomach (Commando crawling)
- Rises up onto hands and knees
- Pulls to standing
- Stands while holding onto steady object

Language/Communication

- Responds when name is called
- Shouts for attention
- Waves “bye bye” independently
- Produces consonant-vowel chain “baba”

Social

- Becomes excited at reflection in the mirror
- Experiences “Stranger Anxiety”
- Explores adult’s facial features
- Lifts arms to be picked up
- Separates from parent and play on own

Self-Care

- Begins to eat “solids” (i.e. Level 2 baby foods)
- Feeding self a cracker or baby biscuit
- Holds bottle independently
- Sleeps 10-12 hours at night, possibly without waking
- Naps 2-3x/day

Additional Notes: