

Your Baby at 6 Months



CHILD'S NAME _____

CHILD'S AGE _____

TODAY'S DATE _____

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by the end of 6 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next. If you have questions, call Help Me Grow at **888-510-1211** to speak to trained staff who can provide information and support.

What Most Babies Do at this Age:

(Check all the things your child does now)

Social/ Emotional

- Knows familiar faces and begins to know if someone is a stranger
- Likes to play with others, especially parents
- Responds to other people's emotions and often seems happy
- Likes to look at self in a mirror

Language/Communication

- Responds to sounds by making sounds
- Strings vowels together when babbling ("ah," "eh," "oh")
- Responds to own name
- Makes sounds to show joy and displeasure
- Makes "m" and "b" sounds

Cognitive (learning, thinking, problem-solving)

- Looks around at things nearby
- Brings things to mouth
- Shows curiosity about things and tries to get things that are out of reach
- Begins to pass things from one hand to the other

Movement/Physical Development

- Rolls over in both directions (front to back, back to front)
- Begins to sit without support
- When standing, supports weight on legs and might bounce
- Rocks back and forth, sometimes crawling backward before moving forward

Act Early If Your Child:

(Check all the things that are true for your child)

- Doesn't try to get things that are in reach
- Shows no affection for caregivers
- Doesn't respond to sounds around him
- Has difficulty getting things to mouth
- Doesn't make vowel sounds ("ah," "eh," "oh")
- Doesn't roll over in either direction
- Doesn't laugh or make squealing sounds

Tell your child's doctor or nurse if you notice any of these signs.

You can also call Help Me Grow at **888-510-1211**. Trained staff will listen to your concerns and help you get connected to resources for your child's development.

You can also find local resources at www.alamedakids.org.

Adapted from *Learn the Signs. Act Early*. Centers for Disease Control and Prevention, Department of Health and Human Services. 2014. www.cdc.gov/ActEarly. Adapted from *CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5*, Fifth Edition, edited by Steven Shelov and Tanya Remer Altman © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and *BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS*, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not substitute for a standardized, validated, developmental screening tool.

Learn the Signs. Act Early.