

# Developmental Milestones



Check the milestones your baby  
has reached by 6 months

*What most babies do by this age*

#### **Movement/Physical Development Milestones**

- Rolls from tummy to back
- Pushes up with straight arms when on tummy
- Leans on hands to support himself when sitting

#### **Social/Emotional Milestones**

- Knows familiar people
- Likes to look at self in a mirror
- Laughs

#### **Language/Communication Milestones**

- Takes turns making sounds with you
- Blows “raspberries” (sticks tongue out and blows)
- Makes squealing noises

#### **Cognitive Milestones (learning, thinking, problem-solving)**

- Puts things in her mouth to explore them
- Reaches to grab a toy he wants
- Closes lips to show she doesn't want more food

# Help Your Baby Learn & Grow

- Use “back and forth” play with your baby. When your baby smiles, you smile; when he makes sounds, you copy them. This helps him learn to be social.
- “Read” to your baby every day by looking at colorful pictures in magazines or books and talk about them. Respond to her when she babbles and “reads” too. For example, if she makes sounds, say “Yes, that’s the doggy!”
- Point out new things to your baby and name them. For example, when on a walk, point out cars, trees, and animals.

SOURCE: CDC.GOV