

# Developmental Milestones



Check the milestones your baby  
has reached by 9 months

*What most babies do by this age*

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

- Gets to a sitting position by herself
- Moves things from one hand to her other hand
- Uses fingers to “rake” food towards himself
- Sits without support

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

- Is shy, clingy, or fearful around strangers
- Shows several facial expressions, like happy, sad, angry, and surprised
- Looks when you call her name
- Reacts when you leave (looks, reaches for you, or cries)
- Smiles or laughs when you play peek-a-boo

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

- Makes a lot of different sounds like “mamamama” and “bababababa”
- Lifts arms up to be picked up

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

- Looks for objects when dropped out of sight (like his spoon or toy)
- Bangs two things together

# Help Your Baby Learn & Grow

- Repeat your baby’s sounds and say simple words using those sounds. For example, if your baby says “bababa,” repeat “bababa,” then say “book.”
- Place toys on the ground or on a play mat a little out of reach and encourage your baby to crawl, scoot, or roll to get them. Celebrate when she reaches them.
- Teach your baby to wave “bye-bye” or shake his head “no.” For example, wave and say “bye-bye” when you are leaving. You can also teach simple baby sign language to help your baby tell you what he wants before he can use words.

SOURCE: CDC.GOV