

6-Month-Old Developmental Milestones

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about their development. Below is a list of milestones that most babies will have achieved by 6 months of age.

Social and emotional milestones

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

Language and communication milestones

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

Cognitive milestones (learning, thinking, problem-solving)

- Puts things in their mouth to explore them
- Reaches to grab a toy they want
- Closes their lips to show they do not want more food

Movement and physical development milestones

- Rolls from their tummy to their back
- Pushes up with straight arms when they’re on their tummy
- Leans on their hands to support themselves with sitting

Other things to share with your baby's doctor at their 6-month visit:

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills they once had?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills they once had, or if you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening.

If your doctor is concerned about your baby's development, they may refer your baby to a specialist or to Early On, which is the early intervention program in the State of Michigan (1-800-EARLYON or 1800EarlyOn.org). You can also contact Early On at any point on your own to request an evaluation.

You can help your baby grow and learn!

As your baby's first teacher, you can help their learning and brain development. Try these simple tips and activities in a safe way. Talk with your baby's doctor if you have questions or for more ideas on how to help your baby's development.

- Respond positively to your baby. Act excited, smile, and talk to them when they make sounds. This teaches them to take turns "talking" back and forth in conversations.
- Provide safe opportunities for your baby to reach for toys, kick at toys, and explore what is around them. For example, put them on a blanket with safe toys.
- Use "back and forth" play with your baby. When your baby smiles, you smile; when they make sounds, you copy them. This helps them learn to be social.

- Read to your baby every day by looking at colorful pictures in magazines or books and talking about them. Respond to them when they babble and “read” too. For example, if they make sounds at a picture of a dog, 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.
- Sing to your baby and play music. This will help their brain develop.
- Limit your baby’s screen time (looking at TV, tablets, phones) to video calling with loved ones. Screen time is not recommended for children younger than 2 years of age. Babies learn best by talking, playing, and interacting with others.
- When your baby looks at something, point to it and talk about it.
- Put your baby on their tummy or back and put toys just out of reach. Encourage them to roll over to reach the toys.
- Learn to read your baby’s moods. If they are happy, keep doing what you are doing. If they are upset, take a break and comfort your baby.
- Talk with your baby’s doctor about when to start solid foods and what foods are choking risks. Breast milk or formula is still the most important source of food for your baby.
- Learn when your baby is hungry or full. Pointing to foods, opening their mouth to spoon, or getting excited when seeing foods are signs that they are hungry. Other signs like pushing food away, closing their mouth, or turning their head away from food tells you that they’ve had enough.
- Help your baby learn that they can calm down. Talk softly, hold, rock, or sing to them, or let them suck on their fingers or pacifier. You may offer them a favorite toy or stuffed animal while you hold or rock them.
- Hold your baby up while they sit. Let them look around and give them toys to look at while they learn to balance themselves.

To see more tips and activities, download CDC’s Milestone Tracker app.

Important note: this milestone checklist is not a substitute for a standardized validated developmental screening tool. These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

This handout is adapted from www.cdc.gov/ActEarly

Scan the QR code for more information:



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