



Developmental Milestones: 6 to 12 Months

Developmental milestones are skills or behaviors that most children will start or master by a certain age. Children reach milestones in many ways: speaking, learning, moving, and playing. There are things you can do with your child to help them reach these milestones.

Cognitive, Play, and Communication Skills

Look for your baby to show these signs at ages 6- to 12-months-old:

- Laughs during play
- Copies simple movements
- Responds to their name
- Laughs during play
- Uses eyes and hands to see how toys work
- Starts to understand cause and effect, such as pushing a button and seeing a light
- Shakes and bangs toys
- Plays games like peek-a-boo
- Puts toys in mouth.
- Looks at pictures in books
- Makes vowels and consonant sounds like da- da, ma- ma

Motor Skills

Your child will do more as they grow. Look for these small and large body movements:

- Moves toys from hand to hand
- Pokes things and points at thing
- Grabs small objects and toys and bangs them together, like blocks
- Starts to feed self
- Puts objects in and out of containers
- Sits alone and plays with toys

- Pulls themselves up and stands by furniture
- Stands without help
- Crawls on their belly or on their hands and knees
- Walks when you hold their hand

How You Can Help

You can help with your child's developmental milestones by:

- Reading books to them each day.
- Giving them toys that light up, make noise, or move.
- Talking back to them during play, daily activities, and when they make sounds.
- Talking to them using simple words.
- Playing peek-a-boo, singing songs.
- Having them use both hands when playing.
- Helping them clap their hands.
- Helping them figure out how toys work.
- Letting them poke blown bubbles
- Playing with them on the floor to help with sitting and crawling.
- Holding their hands so they can walk to you.
- Putting a toy on a low table or chair and helping them stand to reach it.

If you have any questions about your baby's development, call their doctor or health care provider.