

Fine Motor Development

6-9 Months

Fine Motor Milestones

- Holding onto a toy with a firm grasp
- Using a raking motion to pick up smaller objects
- Picking up a toy with one hand
- Picking up toys using finger tips and thumb (tip-pinch)
- Dropping and throwing things
- Passing an object from one hand to another

What is important during this age?

Your baby's coordination is improving, and they can pick up smaller objects with more success. They will begin to use a pincer grasp by utilizing the tips of their fingers and their thumb to pick up small objects.

What can you do to support fine motor development?

Offer your baby opportunities to practice using their hands and fingers. A great way to do this is during feeding. Now that your baby is likely eating soft finger-foods, allow them to practice picking up smaller pieces. They may use a mix of raking with their hand and pincer with their fingers. While this may be messy, it is great opportunity for learning and developing coordination. Small blocks and toys are also helpful in giving your baby an opportunity to practice these skills.

Gross Motor Development

6-9 Months

Milestones

- Straightening arms to push chest off the floor while on tummy
- Rolling completely from back to tummy
- Getting on hands and knees
- Supporting weight while standing and holding on to your hands
- Sitting up with using arms to support and progressing to sitting for a few minutes without needing arms for support
- Standing while holding on to furniture
- Cruising, walking while holding onto furniture for support

What is important during this age?

You will notice some big changes in the way your baby moves during this time. Your baby will start to sit up, roll over, stand up while holding on to furniture, and they will likely start to crawl.

What can you do to support motor development?

You can promote these skills in the way you interact with your baby. During play, try placing toys just out of reach. Your baby will figure out a way to reach a toy by rolling, reaching, scooting, and eventually crawling. Your baby may also cruise along furniture and hold onto a crib rail while standing.

Don't worry if your child doesn't begin with a perfect pattern or traditional crawl. There are different styles of crawling your child may use to get from one place to another. Like all new skills, it takes practice to build strength, coordination, and confidence. Continued practice through play and encouragement can help your child build these skills.

Social & Emotional Development

6-9 Months

Milestones

- Gives you a toy if you hold out your hand
- Feeding themselves small finger foods
- Likes games like peek-a-boo
- Laughs and smiles during play
- May show preference for a certain blanket or toy
- Will repeat their sounds back to you
- Smiles and coos to themselves in a mirror

What is important during this age?

Your child is learning object permanence they will look for you when you leave the room and turn to look in the direction of your voice. Simple games like peek-a-boo are fun for you and your baby during this time.

What can you do?

Play simple games like hiding a toy and letting your baby find it. Place scarves in an empty tissue box and let them pull them out one by one. Hide a block or toy under a blanket and celebrate when your child lifts the blanket. Hold your child up to a mirror and smile and talk, notice how your child responds to their own reflection. Repeat the sounds and noises that your baby makes back to them.

Self-Help Skills

6-9 Months

Milestones

- Eating a wider variety of foods
- Feeding themselves finger foods
- Developing understanding and response to hunger and fullness cues
- Eating thicker consistencies and an increased variety of textures (Keeping pieces soft and small to prevent choking)
- Teach your child good oral hygiene habits by brushing their teeth twice a day with a very small smear (Grain of rice size) of fluoride toothpaste.

What is important during this age?

Your child is developing taste preferences, so it is important to introduce a variety of flavors and textures during this time.

What can you do?

Be patient. It can take up to 15 tries for your child to like a new flavor. Offering foods prepared in different ways can help your child integrate the new foods you are introducing. Choose foods with a variety of colors including fruits and vegetables. Allow your baby to practice feeding themselves finger foods during this time as well. If your child turns away from food or won't open their mouth, don't force them to eat. Part of learning to eat is developing and following their own cues for both hunger and fullness.

Speech and Language Development

6-9 Months

Language Milestones

6-9 Months

- Responds to their name
- Makes sounds after hearing others
- Makes sounds to express happiness
- Makes vowel sounds like “ah” “eh”
- Uses fingers to point at things that are of interest
- Understands the word “no”
- Copies gestures
- Combines sounds like “dadadada”

What is important during this age?

Your baby is using sounds to express themselves and communicate emotions.

What can you do to support language development?

Talk with your baby throughout the day. Narrate what you are doing by talking to your baby as you complete household work or anytime you are with your baby. Read to your baby even though they may not show sustained interest, they will listen to the words you are saying. Label pictures in books and label the things that your baby points at throughout the day.