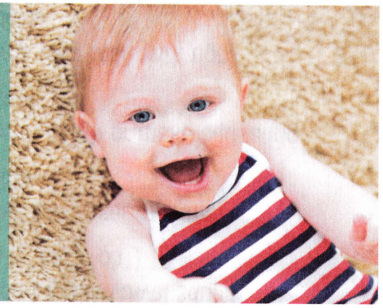
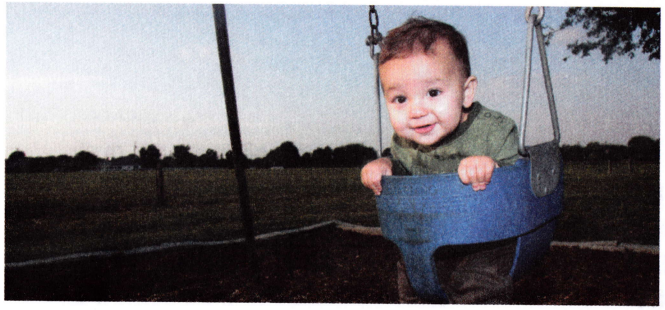
Your Baby at 6 Months

Talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What babies do at this age





Social/Emotional

- ❑ Knows familiar faces and begins to know if someone is a stranger
- ❑ Likes to play with others, especially parents
- ❑ Responds to other people's emotions and often seems happy
- ❑ Likes to look at self in a mirror

Language/Communication

- ❑ Responds to sounds by making sounds
- ❑ Strings vowels together when babbling ("ah," "eh," "oh") and likes taking turns with parent while making sounds
- ❑ Responds to own name
- ❑ Makes sounds to show joy and displeasure
- ❑ Begins to say consonant sounds (jabbering with "m," "b")

How you can help your baby's development

- → Play on the floor with your baby every day.
- → Learn to read your baby's moods. If he's happy, keep doing what you are doing. If he's upset, take a break and comfort your baby.
- → Show your baby how to comfort herself when she's upset. She may suck on her fingers to self soothe.
- → Use "reciprocal" play—when he smiles, you smile; when he makes sounds, you copy them.
- → Repeat your child's sounds and say simple words with those sounds. For example, if your child says "bah," say "bottle" or "book."
- → Read books to your child every day. Praise her when she babbles and "reads" too.
- → When your baby looks at something, point to it and talk about it.
- → When he drops a toy on the floor, pick it up and give it back. This game helps him learn cause and effect.
- → Read colorful picture books to your baby.

Cognitive (learning, thinking, problem-solving)

- ❑ Looks around at things nearby
- ❑ Shows curiosity about things and tries to get things that are out of reach
- ❑ Brings things to mouth
- ❑ Begins to pass things from one hand to the other

Movement/Physical Development

- ❑ Rolls over in both directions (front to back, back to front)
- ❑ When standing, supports weight on legs and might bounce
- ❑ Begins to sit without support
- ❑ Rocks back and forth, sometimes crawling backward before moving forward

How you can help your baby's development

- → Point out new things to your baby and name them.
- → Show your baby bright pictures in a magazine and name them.
- → Hold your baby up while she sits or support her with pillows. Let her look around and give her toys to look at while she balances.
- → Put your baby on his tummy or back and put toys just out of reach. Encourage him to roll over to reach the toys.

Act early by talking to your child's doctor if your child:

- ❑ Doesn't try to get things that are in reach
- ❑ Shows no affection for caregivers
- ❑ Doesn't respond to sounds around him
- ❑ Has difficulty getting things to mouth
- ❑ Seems very floppy, like a rag doll
- ❑ Doesn't make vowel sounds ("ah", "eh", "oh")
- ❑ Doesn't roll over in either direction
- ❑ Doesn't laugh or make squealing sounds
- ❑ Seems very stiff, with tight muscles

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to **www.cdc.gov/concerned**.