



6 MONTH MILESTONES

- Rolls over in both directions
- Begins to sit with a little help
- Coos, babbles, squeals, laughs
- Knows familiar faces & begins to know if someone is a stranger
- Uses hands and mouth to explore the world
- Transfers objects from hand to hand

For more information on six month milestones, please visit HelpMeGrowMN.org

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Through speech and play, 6-month-olds get to know the world around them

At 6 months, children increasingly respond to the world around them. Babbles take on meaning as their first language skills form, and their motor skills develop through play and family time.

Help Me Grow's developmental milestones for 6 month olds focus on this exploration and curiosity. This is a great age to grab a notebook and start recording a child's progress; for parents or caregivers who started monitoring at 3 months, this is the next set of milestones.

While each child grows at his or her own rate, the following development milestones are considered typical for 6 months, and can be used to track a child's progress:

- Rolls over in both directions
- Begins to sit with a little help
- Coos, babble, squeals, laughs
- Knows familiar faces and begins to know if someone is a stranger
- Uses hands and mouth to explore the world
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Help Me Grow also offers suggestions for parents, child care providers and caregivers on how to encourage a baby's development. For a 6-month-old, adults should:

- Look at and read books with their baby
- Introduce liquids in a cup
- Talk to and play with their baby
- Be predictable and consistent with their baby
- Watch and learn what their baby wants and needs
- Place toys near so the baby can move and reach for them

Help Me Grow suggests that parents, child care providers and caregivers track a child's progress as he or she grows. To request developmental resources or a developmental wheel, which includes milestones and actions to encourage a child's progress, contact Kathy McKay at (651) 728-0400 or kathy.mckay@metroecsu.org. For more information, visit helpmegrowmn.org.