

**WATCH AND HELP  
ME GROW**

Your baby's  
development

**6-12 Months**



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

# Developmental Milestones

Between the ages of **6 and 12 months** your baby should be doing most of these things.

## MOVING

At this age, most babies:

- move things from hand to hand.
- reach, hold and put things in her mouth.
- sit with support (6-9 months).
- pull himself to sit or stand (9-12 months).
- creep or crawl.

## UNDERSTANDING

At this age, most babies:

- imitate motions, like waving bye-bye.
- ask for things using motions and sounds.
- copy sounds (ba ba, ga ga).
- begin to play simple games.
- respond to simple questions or requests.
- know parents from strangers.
- look for a hidden object.

## SEEING

At this age, most babies:

- crawl or walk without bumping into things, because she cannot see them.
- make eye contact (look into your eyes).
- hold objects at a normal distance (6-12").
- look at things without crossing eyes or squinting (after 9 months).
- seem to notice shadows, colors, or different textures.

## HEARING

At this age, most babies:

- respond to noises and his name.
- use a voice that is not too loud or soft.
- respond to toys that make noise (musical toys, telephones, squeaky toys).

# Help Your Baby

Doing **everyday things** will help your baby develop.

## You can Play

- Play on the floor with your baby.
- Play games and sing songs that involve hands and feet like “This Little Piggy,” “Where is Thumbkin?” and “Pat-a-cake.”
- Provide safe toys and a safe place for baby to move and explore.

## You can Read

- Cuddle together and read to your baby often.
- Be ready to read the same stories over and over. That’s how babies learn.
- Talk about the pictures in the books as you read.

## You can Talk

- Talk, talk, talk with your baby. If possible, also use hand signs and gestures.
- Listen for and imitate sounds in the world around you.
- Talk, sing and laugh with your baby.
- Use different tones of voice: high, low, soothing.
- Be silly! Play games together and sing silly songs.

## You can Listen

- Listen and respond to your baby’s sounds and gestures.
- Comfort your baby quickly.
- Listen to your baby’s sounds and say them back.

## You can Respect

- Introduce your baby to others as you would any other person.
- Talk to your baby about things as they happen such as when you pick her up, give her a bath or feed her.
- Keep a daily routine which includes meals, playtime, naps, bedtime.

# As a parent, you know your baby best.

You notice things such as how and when your baby smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through different developmental stages.

## Please ask, babies can't wait.

It is important to check to see if your baby is on track for healthy development, or if she may need some support. If you have any questions about her development, help is available. Talk with your doctor or nurse or call the Family Health Hotline at 1-800-322-2588 to learn more. They can help you check your baby's development and can connect you with the Early Support for Infant and Toddlers Program in your community, if needed.

More information is available at the Early Support for Infants and Toddlers website: [www.dcyf.wa.gov/services/child-development-supports/esit](http://www.dcyf.wa.gov/services/child-development-supports/esit)



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