

Milestones

Checklist

6-12 months



COGNITIVE DEVELOPMENT

COGNITION

- ☐ Looks for hidden or partially covered toys (shows early problem-solving)
- ☐ Transfers objects from one hand to the other
- ☐ Explores objects by shaking, banging, or mouthing them
- ☐ Watches things fall and tries to repeat the action



SPEECH AND LANGUAGE

- ☐ Responds to own name
- ☐ Understands simple words like “no” or “bye-bye”
- ☐ Babbles with different sounds: “ba-ba,” “da-da,” “ma-ma”
- ☐ Imitates sounds or gestures (like waving or clapping)



GROSS MOTOR SKILLS

- ☐ Sits without support
- ☐ Rolls over both ways
- ☐ Crawls or starts creeping on hands and knees
- ☐ Pulls up to stand
- ☐ May start cruising (walking holding furniture)

MOTOR



FINE MOTOR SKILLS

- ☐ Picks up small things with thumb and finger (pincer grasp)
- ☐ Passes objects between hands smoothly
- ☐ Bangs two objects together
- ☐ Tries to feed self using fingers



Milestones

Checklist

0-3 months

SOCIAL

♥ SOCIAL AND EMOTIONAL DEVELOPMENT

- ☐ Shows preference for familiar people and may be shy with strangers
- ☐ Enjoys peek-a-boo or simple games
- ☐ Cries when parent leaves (separation anxiety begins)
- ☐ Expresses different emotions clearly—joy, anger, fear

Talk to your pediatrician if your baby:

- ! Doesn't sit without support by 9-10 months
- ! Doesn't babble (like "ba-ba" or "da-da")
- ! Doesn't respond to their name
- ! Doesn't show interest in people or games
- ! Doesn't look where you point or follow gestures
- ! Doesn't try to move (roll, crawl, or stand)
- ! Has difficulty using hands equally or doesn't pick up small things

Early support can help your child thrive. Trust your instincts—if something feels off, it's okay to ask for help.



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*This is an educational tool and not a substitute for a standardized Developmental screening tool.

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