

Baby Milestones By Age

6 Months Old

(Milestones reflect what most babies are beginning to do by this age.)



What this can look like in everyday life

- Your baby laughs and makes sounds to get your attention
- They reach for toys and bring them to their mouth
- They respond when you talk and may “talk back”
- They roll or move more during play

What most 6-month-olds are doing:

Social & Emotional

- Recognizes familiar people and may respond differently to strangers
- Enjoys social play and interaction
- Responds to others’ emotions (smiling, excitement)

Communication

- Begins babbling with sounds like “ba,” “da,” or “ma”
- Responds to their name
- Takes turns making sounds with you

Learning

- Explores objects by reaching, grabbing, and mouthing
- Looks around at things nearby and shows curiosity
- Begins to pass objects from one hand to another

Movement

- Rolls in both directions (tummy to back, back to tummy)
- Pushes up with straight arms during tummy time
- Begins sitting with support
- Reaches and grabs toys intentionally

Early Learning Foundations

Your baby is learning that their actions have meaning and impact.

- using sounds to interact with others
- exploring objects through touch and mouth
- developing attention and engagement
- building early imitation and turn-taking skills

These skills support language, motor development, and early problem-solving.

When to reach out to a professional:

You may want to consider speaking with a developmental professional if you notice:

- your baby is not making vowel or consonant sounds
- they do not respond to their name or voices
- they are not reaching for objects
- they have difficulty rolling or supporting themselves