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## Developmental milestones record - 6 months

This article describes the skills and growth targets for 6-month-old infants.

### Information

Physical and motor skill markers:

- Able to hold almost all weight when supported in a standing position
- Able to transfer objects from one hand to the other
- Able to lift chest and head while on stomach, holding the weight on hands (often occurs by 4 months)
- Able to pick up a dropped object
- Able to roll from back to stomach (by 7 months)
- Able to sit in a high chair with a straight back
- Able to sit on the floor with lower back support
- Beginning of teething
- Increased drooling
- Should be able to sleep 6 to 8 hour stretches at night
- Should have doubled birth weight (birth weight often doubles by 4 months, and it would be cause for concern if this hasn't happened by 6 months)

Sensory and cognitive markers:

- Begins to fear strangers
- Begins to imitate actions and sounds
- Begins to realize that if an object is dropped, it is still there and just needs to be picked up
- Can locate sounds not made directly at the ear level
- Enjoys hearing own voice
- Makes sounds (vocalizes) to mirror and toys
- Makes sounds resembling one-syllable words (example: da-da, ba-ba)
- Prefers more complex sounds

- Recognizes parents
- Vision is between 20/60 and 20/40

Play recommendations:

- Read, sing, and talk to your child
- Imitate words such as "mama" to help baby learn language
- Play peek-a-boo
- Provide an unbreakable mirror
- Provide large, bright-colored toys that make noise or have moving parts (avoid toys with small parts)
- Provide paper to tear
- Blow bubbles
- Speak clearly
- Start pointing to and naming parts of the body and the environment
- Use body movements and actions to teach language
- Use the word "no" infrequently

## Alternative Names

Normal childhood growth milestones - 6 months; Childhood growth milestones - 6 months; Growth milestones for children - 6 months

## References

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