



Developmental Checklist: 6–12 Months

Babies become active explorers during this stage. They learn by moving, playing, and interacting with caregivers.

Fine Motor

- ☐ Transfers toys between hands
- ☐ Picks up small foods with fingers
- ☐ Uses a raking grasp
- ☐ Develops a pincer grasp toward the end of this stage
- ☐ Bangs toys together
- ☐ Releases toys intentionally
- ☐ Places toys into containers

Gross Motor

- ☐ Sits independently
- ☐ Rolls easily both directions
- ☐ Gets into hands-and-knees position
- ☐ Crawls or uses another method to move independently
- ☐ Pulls to stand
- ☐ Cruises along furniture
- ☐ May begin taking first independent steps

Visual Motor

- ☐ Tracks fast-moving objects
- ☐ Looks for dropped toys
- ☐ Finds partially hidden objects
- ☐ Explores cause-and-effect toys
- ☐ Enjoys putting objects in and taking them out

Sensory Processing

- ❑ Explores different textures with hands and mouth
- ❑ Enjoys movement and changing positions
- ❑ Tolerates common household sounds
- ❑ Shows curiosity about new environments
- ❑ Begins enjoying messy sensory experiences

Communication & Social

- ❑ Responds to own name
- ❑ Babbles with different sounds
- ❑ Uses gestures such as reaching or waving
- ❑ Enjoys games like peek-a-boo and pat-a-cake
- ❑ Shows preference for familiar people
- ❑ Imitates simple sounds and actions

Self-Help & Feeding

- ❑ Finger feeds soft foods
- ❑ Drinks from a straw or open cup with assistance
- ❑ Holds a bottle independently (if using one)
- ❑ Begins self-feeding with assistance
- ❑ Explores a variety of food textures

Try This at Home

- Encourage floor play instead of extended time in containers.
- Practice sitting, reaching, and crawling through play.
- Read books every day and point to pictures. A few pages are ok!
- Offer safe finger foods to encourage self-feeding.
- Play interactive games like peek-a-boo, pat-a-cake, and rolling a ball.
- Provide toys that encourage problem-solving, such as stacking cups, latch toys, or nesting containers.
- Present activities to both sides to encourage using both hands.

When to Seek Support

Consider talking with your pediatrician or an occupational therapist if your baby:

- Is unable to sit independently by about 9 months.
- Shows little interest in moving or exploring.
- Is not attempting to bear weight through the legs when supported.
- Rarely reaches for or manipulates toys.
- Doesn't respond to their name by around 9–12 months.
- Has limited babbling or social interaction.
- Has significant feeding difficulties or refuses many textures.
- Uses one side of the body much more than the other.
- Loses previously learned skills.

Developmental milestones are guidelines, not deadlines. Every child develops at their own pace. This checklist is intended for educational purposes and should not replace developmental screening or medical advice. If you have concerns about your child's development, speak with your pediatrician or an occupational therapist.

Information adapted from developmental guidance published by the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), the American Occupational Therapy Association (AOTA), and evidence-based pediatric occupational therapy texts.