

Infant Milestones and Care: By 6 Months

As your baby grows, they will have a lot of “firsts”—their first smile, first laugh, first steps. These are called developmental milestones. And they can help tell you if your baby is healthy and growing up well.

Keep in mind, milestones are not fixed. All babies develop at their own pace. But by knowing the milestones, you can spot a problem early if it arises. Follow this checklist to recognize milestones.

By 6 months of age, most babies will do the following: Recognize familiar people and look at themselves in a mirror.

Take turns making sounds with you, like squealing or laughing.

Make “raspberries,” or stick their tongue out and blow.

DO: Close their lips when they no longer want to eat.

DO: Roll over onto their back.

DO: Use their hands for support when sitting.

DO: Put things in their mouth.

DO NOT:

Wait to talk with your child’s healthcare provider if your baby does not do these things. Also note if your baby: Has trouble reaching for things like a toy; Is not able to sit up without help; Has trouble pushing themselves up with straight arms when on their stomach.

These could be signs of a delay in development. Your child’s healthcare provider can test your baby’s progress.

In most cases, missing a milestone turns out not to be a problem. But being vigilant can help you act on any concerns quickly. Follow this checklist to make sure your baby grows up healthy and happy.