

Age 6 Months - Developmental Milestones

There are several important milestones that occur at six months of age. At this age, most babies are able to sit, sometimes alone or with support in the tripod position, which is using the arms to support their bodies while sitting. At this age, babies also learn how to roll over in both directions, including stomach to back and back to stomach. By six months of age, children also develop a raking grasp and are able to transfer objects from one hand to another.



PLAY PICMONIC

Gross Motor

Sits Propped Up On Hands

[Sitting Propped Up On Hands](#)

At six months, babies can sit briefly with support from their hands, demonstrating core strength and balance.

Rolls

[Rolls](#)

By six months, babies can typically roll both from stomach to back and back to stomach, which shows increased mobility and body control.

Fine Motor

Raking Grasp

[Rake](#)

Around six months, babies use a “raking” motion with their fingers to grasp objects, a step in developing fine motor skills before the pincer grasp.

Language/Communication

Makes Squealing Noises

[Squeal](#)

At this age, babies make high-pitched squealing sounds, which reflect their exploration of voice and communication.

Blows "Raspberries"

[Blowing Raspberries](#)

Six-month-olds may blow “raspberries,” sticking out their tongue and blowing air, which helps with muscle control in their mouth.

Turn-Taking in Sounds

[Turn-table Sounds](#)

At six months, babies begin engaging in early “turn-taking” with sounds, where they respond to caregivers' vocalizations by making sounds of their own and pausing to “listen.” This back-and-forth sound play supports early language development and helps babies learn the rhythms of conversation, like waiting and responding.

Social / Cognitive

Laughs

[Laugh](#)

Around six months, babies will often laugh in response to playful interactions, demonstrating social engagement and joy.

Enjoys Looking at Self in a Mirror[Enjoys Self in Mirror](#)

Babies at this age show interest in mirrors and will often smile or laugh at their own reflection, a sign of self-recognition.

Recognizes Familiar People[Recognizes Familiar People](#)

Six-month-olds can recognize and respond to familiar faces, showing memory development and social bonding.

Closes Lips to Signal Fullness[Closed Lips Full](#)

By this age, babies can close their lips or turn away to show they are full, a form of early communication.

Puts Objects in Mouth[Object in Mouth](#)

At six months, babies explore objects by putting them in their mouths, aiding sensory learning and muscle development.

Reaches for Desired Toys[Reaching for Desired Toy](#)

Six-month-olds reach for toys they want, reflecting intentional movement and coordination.
