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## 6 months

Your child's wellbeing always remains top priority in our office. We are here to support and answer your questions as your child grows. Please call us anytime with your concerns, or use our patient portal to contact us online. This is a guideline for developmental milestones for your child. Remember, children develop at different rates, and this is only a guideline.

At 6 months, your child will:

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
- 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 - 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 imitate actions
- 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; Starts to imitate sounds
- Recognizes parents; Begins to fear strangers
- 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; Speak clearly
- Play peek-a-boo
- Provide an unbreakable mirror
- Provide large, bright-colored toys that make noise or have moving parts (avoid small toy parts)
- Provide paper to tear
- Start naming parts of the body and the environment
- Use body movements and actions to teach language
- Use the word "no" infrequently

Please see the following website for a schedule of suggested vaccines:

<http://www.cdc.gov/vaccines/spec-grps/infants/downloads/parent-ver-sch-0-6yrs.pdf>