



# Child Development

## 6 – 12 Months

### 6-9 months

- Bangs and shakes rattle, squeezes squeaky toy
- Begins to creep on hands and knees
- Sits upright and unsupported for 5 minutes with his/her hands free
- Plays pat-a-cake and peek-a-boo
- Stands holding onto an object
- Able to bounce on legs when placed on feet and supported
- Able to pick up small objects like cheerios
- Starts to pick up and play with blocks
- Able to follow movements of his/her hands
- Understands and responds to his/her name
- Understands familiar words such as no
- Shakes head “no”
- Increased babbling, includes long and short sounds
- Child starts to wave

#### **Things to watch for:**

- Child predominately uses one hand
- Child has a rounded back when sitting
- Child has poor use of arms when sitting
- Child has difficulty crawling
- Child is only using one side of his/her body to move
- Child is unable to straighten out his/her back
- Child is unable to take weight on his/her legs

### 9-12 months

- Able to go from lying on stomach to sitting (11 months)
- Able to pull to stand
- Stands unsupported for at least 5 seconds (10 months)
- Able to hold his/her own bottle
- Feeds self-finger foods
- Imitates words or sounds
- Usually children say first word by 12 months.

#### **Things to watch for:**

- Child has difficulty getting to stand because of stiff legs and pointed toes
- Child uses only arms to pull up to standing
- Child sits with weight to one side
- Childs arms are strongly flexed or has stiffly extended arms
- Child needs to use hands to maintain sitting

### References:

- Child Development
- Pathways Awareness Foundation [www.pathwaysawareness.org](http://www.pathwaysawareness.org)

