

By six months of age, does your child:


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- 1 Swipe at and reach for objects within view?
- 2 Turn head and look in the direction of a new sound?
- 3 Respond to own name?
- 4 Smile and babble when given adult attention?
- 5 Vocalize pleasure and displeasure?
*squeal with excitement or grunt in anger**
- 6 Seem to respond to some words? *"daddy", "bye-bye"*
- 7 Make sounds while you are talking to him/her?
- 8 Roll from back to side?
- 9 Push up on hands when on tummy?*
- 10 Sit with support? *pillows**
- 11 Use hands to reach, grasp, bang, and splash?
- 12 Bring hands or toy to mouth?
- 13 Pat and pull at your hair, glasses, or face?
- 14 Sleep and feed at regular times?

* Examples are only suggestions.
Use similar examples from your family experience.
** Item may not be common to all cultures.


Try these tips to help your child grow:

I still like quiet time, so hug me, hold me, talk to me, sing to me, and read to me.


Comfort me when I am unhappy or fussy by rocking me, holding me close, or talking to me in a soft voice. Respond when I cry. Remember you can't spoil me. 


Funny booties or colourful socks will encourage me to grab my feet. I may want to kick my legs and play with my feet.

Place toys in various positions and distances from me so I can reach out and grasp them. Say, "Get the ball".


I like objects of different colours, sizes, and textures to hold and squeeze so I can build my strength. Encourage me to use both hands. 

Place me on my tummy and use a toy to encourage me to push up on my hands and try to reach up.

Encourage me to roll from my tummy to my back. I am learning how my body works and I want to explore my environment. 


Show me the actions for "wave bye-bye" and "blow kisses" and I will learn to act them out myself. 

Imitate sounds I make. My sounds may be changing to include more babbling. Try to get me to say them back to you as if we are having a conversation. I like it when you slow down and change your tone of voice ("Hiiii pretty baaaaby").

I enjoy it when you sing the same songs over and over again; *Itsy Bitsy Spider, This Little Piggy, Peek-a-boo and Pat-a-cake* are just some of my favourites. 

When I'm not watching you, shake a rattle, squeeze a toy, or call my name from different parts of the room. This will help me to look in the direction of new sounds.

When I try to tell you something by looking, reaching, babbling, smiling, or crying, try to understand what I mean and say it with real words.

Help me to play. Prop me up in a corner of the couch or on the floor with support (blankets, pillows) and put some of my favourite toys within reach for me to play with. I may want to reach for the toys, but I'm still not too steady, so stay with me to keep me safe. 

My body is growing—now is a good time to get information on what to feed me.

Always talk to your healthcare or childcare professional if you have any questions about your child's development or well-being. See reverse for instructions, limitation of liability, and product license. NDDIS © 2016 NDDIS Intellectual Property Association. All rights reserved.



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checklist ndds

Child's Name: patName
 Birthdate: patBirthdate.short
 Today's Date: currentDate.short

