



ZERO TO THREE
Early connections last a lifetime



6 Months

EVERYTHING IS NEW

Your baby at 6–9 months

Your baby is watching and learning from you every day.

What your child can do

Your baby is learning to think and solve problems:

- When a toy drops to the floor, they look to see where it went
- They figure out how things work by watching and copying what others do

Your baby is gaining control of their body:

- They are starting to use their thumb and fingers to pick up small objects
- They can sit on their own, which helps them explore in new ways
- They may crawl or scoot to get around — and may even pull up on furniture to stand

What you can do

Comment on what your baby does. "You used your smile to let me know you wanted to keep playing." This helps them understand that their actions matter.

Let your baby explore interesting objects. Nesting measuring cups are fun. Try dropping a small toy into the bath and watching the waves together.

Let your baby practice picking up soft foods, like small pieces of fruit, if you would like them to start learning to feed themselves.

Give your baby time and space to move around on their own while you supervise. This builds muscle strength and coordination.

Every child develops at their own pace. Your baby may reach milestones faster or slower than other babies and still be growing just fine.

Your baby is working hard to communicate

Your baby is babbling more and more. When someone talks to them, they may make sounds back. They use their voice to show feelings like joy and frustration. They may also copy actions like waving "bye-bye" or shaking their head "no."

Your baby's personality is starting to show:

- They may love meeting new people or need a little time to warm up to someone new
- They may enjoy lots of sound and activity, or prefer things quiet and calm
- They may be very active or more interested in watching



ZERO TO THREE
Early connections last a lifetime



What you can do

Notice how your baby reacts to sounds, sights, and people. What do they seem to enjoy? What seems to be too much for them?

Use words to describe your baby's feelings. "You are mad because I took the crayon away. Here's a rattle to chew on instead."

Point and explain when your baby looks at something. "That's a fan. It keeps us cool."

Copy your baby's sounds and actions. If they wave, wave back and say "Hello!"

Notice how your baby likes to play. Do they like to move around, or do they prefer to sit and watch?

Other things to know and try

At this age, babies start looking to the people they love for clues about how to feel in new situations. When a new person comes to the house, your baby looks at your face first — are you smiling? Is this person safe? You can use your face, voice, and actions to show that someone is welcome. This helps your baby feel more at ease.

At this visit

The care team will measure your baby's length, weight, and head size, and check their heart, eyes, ears, nose, and mouth. Your healthcare provider will discuss vaccines with you at today's visit. The team will talk with you about your baby's development, sleep, eating, and safety — and there will be time for any questions or concerns you have.

What comes next

Between 9 and 12 months, your baby will become even more active and independent. Many babies begin pulling up to stand, cruising along furniture, and some may even take their first steps. You will also notice your baby understanding more words and starting to communicate in new ways — like pointing, waving, and saying simple sounds that are beginning to sound like words.

Have more questions?

Talk to your baby's healthcare provider or one of the professionals supporting your family.

©2026 by the Icahn School of Medicine at Mount Sinai. All rights reserved.

Receive messages like this on your phone

Text **SPARKS**
to **274 448**