

Development at 6 Months: What Your Baby Can Do



Highlights

Six months is the recommended time to introduce solid food, starting with smooth, pureed options.

Your 6-month-old will need their third scheduled vaccination, typically involving just one injection.

Most babies can roll over by 6 months, so be extra cautious when handling them on change tables or beds.

At 6 months, your baby may be able to sit with support and will engage in babbling, singing, squeals, and bubble blowing, often referred to as "vocal play."

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What milestones can I expect from my 6-month-old?

Your baby is developing quickly at 6 months. They are becoming more coordinated and begin to understand their surroundings. They will recognize familiar people, but may show signs of anxiety around strangers.

Six months is the recommended age to introduce solid food. Start with smooth, pureed foods and continue breastfeeding or formula feeding. If you have concerns about allergies, consult your doctor before introducing common allergens like eggs or cow's milk.

Your baby is due for their 6-month checkup at this stage. During this visit, discuss any concerns about sleep, safety, growth, and vaccinations.

How can I support my baby's development?

Physical development

By 6 months, your baby will begin to show more control over their body. They can grab objects, pass them from hand to hand, and let go. Many babies will be able to roll over and push into a crawling position, although they may need some support to sit.

Your baby can also push up with their legs and turn in the direction they want, which means it's essential to baby-proof your home for safety.

Cognitive development

At 6 months, your baby will begin to show interest in their surroundings. They may get bored if left alone for too long and will enjoy games like peek-a-boo. They'll also search for objects that are partially hidden and will explore them by looking and putting them in their mouth.

Social development

Your baby will start to communicate their needs in ways other than crying. They may recognize their name and understand simple words like "bath."

Emotional development

At this stage, your baby is beginning to understand emotions through the tone of voice. They can recognize whether you are speaking harshly or softly, helping them build emotional awareness.

Language development

Expect more babbling and vocal play from your 6-month-old. They may begin repeating sounds like "babababa" and combining sounds like "baga." Mimicking these sounds helps them learn to speak.

Signs of developmental concerns

Talk to your doctor or health professional if your 6-month-old:

Doesn't recognize familiar people or respond to them.

Shows no interest in their surroundings.

Doesn't babble or make sounds.

Doesn't make eye contact.

Can't be comforted by you.

Tools and Assistance

If you have concerns about your baby's development, the following resources may be helpful:

Pediatricians: They can guide you through your baby's growth and help address any concerns.

Parenting groups: Connecting with other parents can offer insights into development and helpful tips.

Speech therapists: If your baby's speech or vocalization seems delayed, a speech therapist can assist.

Occupational therapists: Can help address any concerns about your baby's motor skills or development.

Parenting books and online resources: Offer valuable advice and guidance for navigating this stage of development.

Speaking with a healthcare provider will ensure you receive the best advice for your baby's unique needs.

