

I am 6 months old

My development - *Learn the Signs. Act Early.*

(what most babies do at this age)

Social/Emotional Milestones

- Knows familiar people
- Likes to look at themselves in a mirror
- Laughs

Language/Communication Milestones

- Takes turns making sounds with you
- Blows “raspberries” (sticks tongue out and blows)
- Makes squealing noises

Cognitive Milestones (learning, thinking, problem-solving)

- Puts things in their mouth to explore them
- Reaches to grab a toy they want
- Closes lips to show they don't want more food

Movement/Physical Development Milestones

- Rolls from tummy to back
- Pushes up with straight arms when on tummy
- Leans on hands to support themselves when sitting

My personal health record

***Act Early* by talking to your child's doctor or child and family health nurse if your child:**

- doesn't try to get things that are in reach
- shows no affection for caregivers
- doesn't respond to sounds around they/them
- has difficulty getting things to mouth
- doesn't make vowel sounds ("ah", "eh", "oh")
- doesn't roll over in either direction
- doesn't laugh or make squealing sounds
- seems very stiff, with tight muscles
- seems very floppy, like a rag doll.

For more ideas on spending time with me go to *Love, talk, sing, read, play* www.lovetalksingreadplay.com.au. A resource provided by Resourcing Parents.

Language adapted for Australian English by NSW Ministry of Health. Original content provided by the U.S. Centers for Disease Control and Prevention's *Learn the Signs. Act Early*. Program (www.cdc.gov/ActEarly; February 2022).

For more great ideas on how to support my development, download the Bright Tomorrows app <https://www.brighttomorrows.org.au/>
