

Is Your Child on Track?

6 - 9 Months

Skill Areas	Typical Development	Red Flags
Posture/ Gross Motor	<ul style="list-style-type: none"> • Is able to reach for toys when on stomach • Rolls over from front to back and back to front • Moves into sitting position from stomach/back • Sits unsupported with wide base of support • Pushes from stomach onto hands and knees and rocks; begins to crawl 	<ul style="list-style-type: none"> • Intolerant of tummy time • Does not hold head steady with movement • Not showing increased ability to sit and crawl • Not developing independent movement
Fine Motor	<ul style="list-style-type: none"> • Actively grasps objects using a 'raking' motion • Holds two objects simultaneously, claps hands • Develops voluntary release of objects • Transfers object from hand to hand • Begins to pull, push, turn, poke and bang objects during exploration 	<ul style="list-style-type: none"> • Does not actively try to reach for many things (e.g. glasses, food, toys) • Unable to hold objects using two hands • Does not play with objects (9 months)
Sensory	<ul style="list-style-type: none"> • Is happy and curious in larger environments, e.g. grocery stores, family gatherings (self regulation) • Curiosity and motor exploration continues to expand • Begins teething and often places everything in mouth • Follows objects visually when they fall to the floor 	<ul style="list-style-type: none"> • Does not show interest in surroundings or over stimulates easily • Wants to be carried all the time or resists cuddling • Difficulty with transitions
Eating	<ul style="list-style-type: none"> • Breast and/or bottle feeding well established • Transitioning easily through thin and thick baby foods • Beginning to eat soft mashed table foods (8 months) 	<ul style="list-style-type: none"> • Gagging and food refusals • Difficulty transitioning to spoon feeding
Self Care/ Sleep	<ul style="list-style-type: none"> • Cooperates with dressing • Begins to hold bottle feed and self finger feed • Starts to drink from cup when it is held by an adult • Sleeps 14-15 hours a day with 2-3 naps, 10 hours at night 	<ul style="list-style-type: none"> • Not cooperating with self care • Excess fussing with bathing, dressing, diapering • Has not established regular sleeping patterns
Speech & Language	<ul style="list-style-type: none"> • Begins to understand "no" and inhibit activity • Understands and responds to own name • Recognizes words for common items (e.g. cup, shoe, ball) • Listens to and imitates more sounds • Imitates some non-speech sounds (coughs, raspberries) • Uses more variety of sounds and syllables when babbling 	<ul style="list-style-type: none"> • Does not turn and look when you call his/her name • Does not attend when spoken to • Not actively babbling and making sounds
Social/ Play	<ul style="list-style-type: none"> • Shows and gives objects and initiates games • Waves good bye • Reaches up to be held 	<ul style="list-style-type: none"> • Not interested interacting with adults or children



Is Your Child on Track?

9 - 12 Months

Skill Areas	Typical Development	Red Flags
Posture/ Gross Motor	<ul style="list-style-type: none"> • Transitions in and out of a variety of sitting positions • Crawls well • Explores environment through crawling, rolling around, pulling to stand or cruising along furniture • May start to walk independently • Begins to creep up stairs and climb on furniture 	<ul style="list-style-type: none"> • Does not crawl, pull self to stand, or transition between positions independently • Sedentary, fearful of movement
Fine Motor	<ul style="list-style-type: none"> • Picks up small items with thumb and pointer finger • Able to voluntarily place and release objects • Bangs two objects together • Reaches across midline of body 	<ul style="list-style-type: none"> • Unable to move objects from one hand to another • Using 'raking' grasp to pick up small objects (11-12 months)
Sensory	<ul style="list-style-type: none"> • Has significant periods of calm, directed play and tolerates a variety of social situations • Is interested in and actively explores environment 	<ul style="list-style-type: none"> • Can not calm self, poor regulation • Extreme startle/fear reactions • Not actively exploring environment or toys
Eating	<ul style="list-style-type: none"> • Breast/bottle feeding continues • Enjoys small pieces of soft table foods • Swallows with mouth closed • Very interested in playing with food • Begins to drink from cup or straw 	<ul style="list-style-type: none"> • Strong food refusals, fussing, frequent gagging or vomiting with new or established foods • Excessive drooling
Self Care/ Sleep	<ul style="list-style-type: none"> • Begins to use spoon • Holds cup with two hands • Finger feeds self a portion of meal with soft foods • Generally sleeps 11 hours at night with 2 naps 	<ul style="list-style-type: none"> • Does not self finger feed • Does not attempt to use tool after imitation • Sleep patterns not established
Speech & Language	<ul style="list-style-type: none"> • Inhibits activity to "no" • Follows simple motor instructions, especially when accompanied by a visual cue (bye-bye) • Gives item upon verbal request • Uses speech sounds to get attention (not just crying) • Begins to use speech intentionally 	<ul style="list-style-type: none"> • Only uses crying sounds to gain adult's attention • Does not attend and respond when spoken to • Is not using at least one word (e.g. ball, duck, etc.)
Social/ Play	<ul style="list-style-type: none"> • Points to objects; likes to show and give objects • Initiates and performs a variety of actions to produce a response (hands up to be picked up) • Plays simple games (peek-a-boo, so big, etc.) • Smiles and laughs at physical games and in anticipation 	<ul style="list-style-type: none"> • Not initiating interactions • Strong interest in objects but not people • Does not enjoy games like peek-a-boo

