



Inclusive Developmental and Therapy Center

By 6 months · Child Development Milestone Checklist & Home Guide

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How to use this checklist

Go through each list and tick every skill your child can already do.

Don't worry about a few "not yet"s — children grow at their own pace, and this is a guide, not a test.

Use the **Ways to help** ideas below to gently support the skills that are still coming.

If several skills are missed, or your child has lost skills, see the "when to seek advice" box and book a free check.

What most children do by 6 months

Communication & language

- ☐ Makes babbling sounds like "ba", "ma" or "ga"
- ☐ Takes turns making sounds with you
- ☐ Laughs and squeals
- ☐ Turns their head towards voices and everyday sounds
- ☐ Blows raspberries and enjoys making noise

Social & play

- ☐ Knows familiar faces and enjoys looking at people
- ☐ Likes to look at themselves in a mirror
- ☐ Smiles and reacts to your expressions
- ☐ Enjoys simple games and back-and-forth play
- ☐ Reaches for a toy they want



Movement (motor)

- ☐ Rolls from tummy to back
- ☐ Pushes up on straight arms during tummy time
- ☐ Sits with a little support
- ☐ Brings toys and hands to their mouth to explore
- ☐ Leans on hands to support themselves when sitting

♥ Ways to help your child grow

At six months your baby learns most from you — your voice, your face and lots of everyday play. You don't need special toys; a few household bits and plenty of cuddles do the job beautifully. Here are gentle ways to help your little one grow.



Talking

Chat through your day in a warm, sing-song voice — “Now we’re washing your hands.” When your baby babbles back, copy their sounds so they learn that talking goes back and forth.



Listening

Gently shake a container with a few dry lentils, or sing a favourite lullaby, then pause. Watch your baby turn towards the sound — it’s wonderful practice for their hearing and attention.



Playing

Hide your face behind a dupatta or your hands and pop out with a smile. This simple peek-a-boo game brings big giggles and teaches your baby that things come back when they disappear.



Moving

Lay your baby on their tummy on a firm, clean mat for short spells while you stay close. Put a colourful toy just out of reach to encourage them to lift their head and push up.



Hands

Offer safe, easy-to-hold objects like a clean wooden spoon or a soft cloth. Reaching, grabbing and bringing things to their mouth is exactly how babies explore and strengthen little hands.



Bonding

Hold your baby close, look into their eyes and smile. Reading their expressions and responding with cuddles helps them feel safe, loved and ready to learn.

⚡ **Try** Sit face to face with your baby and copy every sound they make — **today:** you’ll soon be having your first little conversation.

♥ **When it's worth seeking advice**

Doesn't smile or laugh at people

Doesn't reach for toys or things nearby

Seems very stiff or very floppy

Doesn't turn towards sounds or voices

If several of these feel familiar, an early, gentle check brings clarity — and support while it helps most.

Educational guide only — not a diagnosis. Free assessment: +92 314 6040262 · inclusivetherapycentre.com