



Inclusive Developmental and Therapy Center

By 9 months · Child Development Milestone Checklist & Home Guide

MPS Road, Block A Model Town, Multan (near Bloomfield Hall School, Street No. 2) · +92 314 6040262

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 9 months

Communication & language

- ☐ Babbles strings of sounds like "mamama" or "bababa"
- ☐ Turns and looks when you say their name
- ☐ Understands "no" by pausing or looking at you
- ☐ Makes lots of different sounds to get your attention
- ☐ Copies some of the sounds you make

Social & play

- ☐ Enjoys playing peek-a-boo
- ☐ Looks for a toy when it drops out of sight
- ☐ May be shy or clingy with new people
- ☐ Reacts when you leave the room
- ☐ Watches faces closely to see how you feel



Movement (motor)

- ☐ Sits steadily without any support
- ☐ Moves toys from one hand to the other
- ☐ Picks up small pieces of food with a raking grip
- ☐ May start to crawl or shuffle along
- ☐ Gets into a sitting position on their own

Ways to help your child grow

At nine months your baby is a curious explorer who loves games, names and gentle challenges. Everyday moments — mealtimes, bath time, tidying up — are full of chances to help them grow. Here are easy ideas using things you already have at home.



Talking

Repeat their babble back and add real words — if they say “bababa”, smile and say “ball!” Naming the things around you helps your baby link sounds to the world they see every day.



Listening

Play name games throughout the day — say your baby’s name softly and wait for them to look, then reward them with a big smile. It builds listening and helps them learn their name.



Playing

Hide a favourite toy under a cloth while your baby watches, then ask, “Where’s it gone?” When they lift the cloth to find it, cheer — this teaches them that hidden things still exist.



Moving

Give your baby plenty of floor time to sit, twist and reach. Place a toy a little way off to tempt them to lean, shuffle or crawl towards it, always with cushions and a watchful eye nearby.



Hands

At mealtimes offer soft, finger-sized pieces of food they can pick up themselves while you sit with them. Passing a toy from hand to hand and clapping games also sharpen their little fingers.



Bonding

A little shyness or clinginess is normal now. Stay warm and reassuring, say a cheerful “bye-bye” when you step away, and greet them happily when you return so they learn you always come back.

 **Try** Hide a small toy under a cloth while your baby watches and ask, **today:** “Where has it gone?” — then share the joy when they uncover it.

♥ **When it's worth seeking advice**

Isn't babbling or making many sounds

Doesn't respond to their own name

Can't sit up, even with support

Has lost skills they once had

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