

GROSS MOTOR DEVELOPMENTAL MILESTONES 6-9 MONTHS

Between 6-9 months, your baby should reach these milestones:

- bring their feet to their mouth when lying on their back
- sit alone
- roll from back to tummy and tummy to back
- while sitting, start to reach for toys placed beside him or her
- move forward to get a toy that is out of reach
- get onto hands and knees
- pull to stand at furniture

If you are noticing any of the following and would like your baby seen by one of our physiotherapists, please call 519-354-0520:

- unable to sit independently by 9 months
- poor use of arms or only uses one hand
- doesn't take weight through legs in supported standing or legs are very stiff when placed in standing

*There is no cost for assessments or therapy sessions

When a baby plays, they are learning about themselves and the world around them. Here are some fun play activities:

While lying together on your tummies explore books together.

Stacking rings, nesting cups, and musical toys are fun and can be played with while your baby works on his or her sitting skills.

Place a toy out of reach of your baby and have them work at pivoting to get the toy. Make sure you move the toy in both directions to allow your baby to pivot to the left and to the right.

Have some toys which motivate your baby to crawl i.e. a rolling ball, a zooming car.

Roll a ball back and forth to each other.