

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

