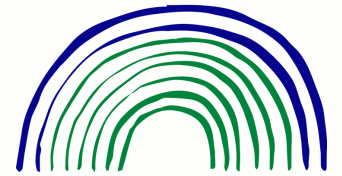


Milestones Checklist



Purposeful Play

- On back, place toys out of reach and to the side for rolling.
- On tummy, move toys in a circle to encourage spinning.
- Use boppy pillow or prop-a-pillar around waist to encourage independent sitting.
- On back, place toys on feet for ongoing play with feet.
- On hands and knees over your leg, reaching for toys.
- Play in kneeling, knees together, with hands supported on large toy.

6-9 months

- Rolls back to tummy, both sides
- Brings feet to hands when on back
- Begins to sit without support
- Begins moving on stomach in circles
- Tries to get to sitting from tummy
- Gets into crawling position on all 4s
- Holds bottle
- Picks up dropped toys
- Bangs toys together and on surfaces
- Moves toys between hands
- Responds to own name
- Begins to say "mama" or "dada"
- Babbles to people
- Shouts for attention

Using play to help little ones move and groove with confidence.

