



7-9 month Milestones Checklist

	Yes	No
Motor		
Sits without support		
Sits and reaches for toys without falling		
Moves from tummy or back into sitting		
Picks up head and pushes through elbows during Tummy Time		
Turns head to visually track objects while sitting		
Shows more control while rolling and sitting		
Picks up small objects with thumb and fingers		
In simple play, imitates others		
Starts to move with alternate leg and arm movement (creeping/crawling)		
Sensory		
Explores and examines an object using both hands and mouth		
Turns several pages of a chunky (board) book at once		
Experiments with the amount of force needed to pick up different		
Focuses on objects near and far		
Investigates shapes, sizes, and textures of toys and surroundings		
Observes environment from a variety of positions		
Enjoys a variety of movements- bouncing up and down, rocking back and forth		
Communication		
Tries to imitate sounds		
Uses increased variety of sounds and syllable combinations in babbling		
Participates in two way communication (back and forth interactions)		
Recognizes sound of their name		
Follows some routine commands when paired with gestures		
Shows recognition of commonly used words		
Uses simple gestures, eg. shaking head for "no"		
Feeding		
In a high chair, holds and drinks from a bottle		
Enjoys chew toys that can massage sore and swollen gums during		
Reaches for a spoon when presented/bangs a spoon		
Shows strong reaction to new smells and tastes		
Feeds self crackers/other solids		