

# My Child's Developmental Guide

## Gross Motor

- Rolls from back to tummy and tummy to back (5-6 months)
- Gets into sitting position without help (8-9 months)
- Crawls on all fours (9 months)
- Pulls to stand with help of furniture (8-10 months)
- Stands for 2-3 seconds without any support (10-11 months)
- Takes 2-4 alternating steps forward independently (11-13 months)

## Fine Motor and Vision

- Transfers objects from one hand to another (7 months)
- Uses pincer grasp (using thumb and index finger) (9 months)
- Feeds self with food pellets (8-11 months)
- Puts objects into container (10 months)

6 to 12 Months

## Language and Hearing

- Uses voice to express joy or unhappiness (5-7 months)
- Babbles "mama" and "dada" (8 months)
- Responds to simple cues like "Give me" and "No" (9-10 months)
- Says "Papa" and "Mama" with meaning (12 months)

## Personal Social

- Has stranger anxiety
- Clap hands when asked (9-10 months)
- Indicates wants by gestures (10-12 months)
- Waves bye-bye (12 months)



### Activities you can do with your child

- ✓ • **Encourage** sitting, crawling and standing by stimulating with a toy.
- **Play** with toys that help to develop her hand skills e.g. cubes, small cups, a spoon & bowl and shape sorter.
- **Encourage** your child to self-feed food pellets.
- **Play** peek-a-boo and hide-and-seek.
- **Read** nursery rhymes and books with pictures, bright colours, high contrast or different textures to your child.
- **Look** at what your child is interested in and talk about it.
- **Respond** to your child's attempts to talk (e.g. cooing, babbling) by talking back to them in words.
- **Take turns when you play and chat** with your child. Children learn from taking turns when you play, talk or explore.
- **Teach** your child how to wave goodbye.
- ✗ • Walkers are discouraged.
- **Avoid** use of screen media other than video-chatting.

### Flag out when your child

- ! • Seems very floppy.
- Seems very stiff and it is difficult to bend her arms/legs.
- Does not roll over in either direction.
- Has a head lag when being pulled to sitting position.
- Does not turn head in response to sound.
- Is not able to sit steadily by 10 months.
- Only reaches for objects with one specific hand and not the other.
- Does not babble, point or use gestures by 12 months.
- Has lost any language skills.
- Does not respond readily to affection.

**Consult** a doctor if you are concerned about your child's development.