

Unlocking Motor Milestones

When babies reach a motor milestone, they don't just learn a single skill. Each milestone acts as a key that unlocks new abilities across developmental domains.

6 M Reaching & Grasping

By six months, infants should be able to reach for and grasp objects. This skill unlocks:

Motor Development



Between 6-12 months, babies get progressively better at picking up objects precisely, between their finger and thumb.

Social Development



When babies start to reach and grab and interact with the world on their own terms, it helps them start to understand other people's actions and goals too.

Cognitive Development



Once babies know how to reach and grasp they figure out how to adapt these skills to everyday tasks, like drinking from a cup or turning pages of a book.

9 M Sitting Up

By 9 months, babies should be able to sit up on their own and stay sitting without support. This skill unlocks:

Motor Development



The stability and strength babies build from learning to sit helps them get ready to start crawling.

Social Development



Sitting upright creates opportunities to play and interact with others face-to-face and build social skills.

Cognitive Development



Sitting upright helps babies reach for and explore objects from different viewpoints, boosting their spatial skills.

12 M Standing & Walking

By 12 months, babies should be able to pull themselves up to stand and begin "cruising" on furniture as they practice walking. This skill unlocks:

Motor Development



Walking strengthens muscles and improves balance, leading to new skills like jumping, running, and climbing.

Social Development



Babies' vocabularies increase as they begin to walk and interact more with their environment.

Cognitive Development



When babies walk, they receive more visual input from their environment. Learning to keep focus can help boost executive functions.