

# 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.