

7-9 Month Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if a child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Play and Social Skills		
Is interested in interacting with others (such as peek-a-boo)		
Enjoys playing with toys of varied textures		
Enjoys playing with musical toys		
Is interested in playing with colorful objects		
Raises hands towards adult to be picked up		
Maintains eye contact with people during playful interaction		
Enjoys moving to explore the environment when placed on floor		
Enjoys various types of movement, such as being gently swung in the air by parents		
Coordination		
Is able to put weight through feet when supported in standing		
Is able to pick up head and push through elbows during tummy time		
Keeps head forward when being pulled to sitting from lying on back		
Is able to play on tummy		
Moves on floor to get desirable toy		
Moves in and out of various positions (e.g. sitting, tummy, and hands and knees)		
Is able to turn head to visually follow motivating toys and people		
Maintains balance while sitting and using two hands together to explore toys		
Uses both hands equally to play with toys		

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	Yes	No
Daily Activities		
Is able to latch on while nursing or bottle feeding		
Enjoys bath time		
Is able to self calm in car rides when not tired or hungry		
Usually tolerates diaper changes without crying		
Is not fearful of tipping head back when moving from sitting to lying down, for activities such as diaper changing		
Is able to transition from milk or formula to infant cereal		
Self-Expression		
Is able to be comforted by cuddling or a parent's touch		
Is generally happy when not hungry or tired		
Is able to calm with experiences such as rocking, touch, and soothing sounds		
Is not fearful of everyday sounds		
Has an established and reliable sleeping schedule		
Total (out of 29)		