

Baby Play Milestone Tracker

15 Activities for 6-12 Months

FamilyHobbyHub.com

1. Sensory & Touch Play

- ☐ Texture basket
- ☐ Scarf pull
- ☐ Taste-safe bin
- ☐ Water play in the tub

2. Movement & Motor Skills

- ☐ Stacking cups
- ☐ Muffin tin ball drop
- ☐ Tummy time reach
- ☐ Banging drum

3. Language & Social Play

- ☐ Peekaboo
- ☐ Mirror play
- ☐ Board book reading
- ☐ Name and touch

4. Cause & Effect Play

- ☐ Rattle and shake
- ☐ Push-and-roll ball
- ☐ Pop-up toys

Pro Tip

Keep sessions short —
5-10 minutes of focused
play is plenty at
this age.