A Comparison Examination of Two 6 Month Old Infants

**SUPINE** (Lying on back face up)
- Visually tracks an item from side to side
- Can hold head in the middle
- Reaches and grasps objects
- Lifts arms, legs and bottom off the ground

**LYING ON SIDE**
- Holds head in the middle
- Moves arms toward the middle of the body
- Muscles are active, not floppy
- Shifts weight from side to side

**PRONE** (Lying face down on tummy)
- Supports on extended arms
- Lifts head and trunk up
- Reaches for an object placed in front
- Extends hips
- Shifts weight from side to side

**PULL TO SIT**
- Lifts head when pulled to sit
- Shoulders are stable
- Active tummy muscles

*These guidelines represent the movement expectations of a six month old.
Is My Baby OK?

A Comparison Examination of Two 6 Month Old Infants

**SITTING**
- Keeps head in the middle
- Actively leans forward
- Reaches for and grasps items
- Straight back - no rounding

**STANDING**
- Shoulders in line with hips
- Free movement of arms
- Extends hips
- Moves legs, bends knees
- Bears body weight with feet flat on the floor

**HORIZONTAL SUSPENSION**
(Held level in air)
- Holds arms, legs and head in a straight line
- Maintains trunk extension while moving arms and legs in all directions

**PROTECTIVE EXTENSION**
(Defensive response)
- Keeps head centered between shoulders
- As baby is lowered head first, the arms extend out in front for protection

*These guidelines represent the movement expectations of a six month old.*