



12 months

## Eastbrook Family Health Center

29 Eastbrook Road

Ronks, PA 17572

(717)299-5711

My child's height \_\_\_\_\_ weight \_\_\_\_\_ % \_\_\_\_\_

### ***What are some of the developmental milestones my child should reach by twelve months of age?***

From eight to twelve months of age, your baby will become increasingly mobile, a development that will thrill and challenge both of you. Being able to move from place to place will give your child a delicious sense of power and control—her first real taste of physical independence.

Here are some other milestones to look for.

#### **Movement milestones**

- Gets to sitting position without assistance
- Crawls forward on belly by pulling with arms and pushing with legs
- Assumes hands-and-knees position
- Creeps on hands and knees supporting trunk on hands and knees
- Gets from sitting to crawling or prone (lying on stomach) position
- Pulls self up to stand
- Walks holding on to furniture
- Stands momentarily without support
- May walk two or three steps without support

#### **Milestones in hand and finger skills**

- Uses pincer grasp
- Bangs two cubes together
- Puts objects into container
- Takes objects out of container
- Lets objects go voluntarily
- Pokes with index finger
- Tries to imitate scribbling

#### **Language milestones**

- Pays increasing attention to speech
- Responds to simple verbal requests
- Responds to "no"
- Uses simple gestures, such as shaking head for "no"
- Babbles with inflection
- Says "dada" and "mama"
- Uses exclamations, such as "oh-oh!"
- Tries to imitate words

## **Cognitive milestones**

- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Finds hidden objects easily
- Looks at correct picture when the image is named
- Imitates gestures
- Begins to use objects correctly (drinking from cup, brushing hair, dialing phone, listening to receiver)

## **Social and emotional milestones**

- Shy or anxious with strangers
- Cries when mother or father leaves
- Enjoys imitating people in play
- Shows specific preferences for certain people and toys
- Tests parental responses to his actions during feedings (What do you do when he refuses a food?)
- Tests parental responses to his behavior (What do you do if he cries after you leave the room?)
- May be fearful in some situations
- Prefers mother and/or regular caregiver over all others
- Repeats sounds or gestures for attention
- Finger-feeds himself
- Extends arm or leg to help when being dressed

## **Developmental health watch**

Each baby develops in his own manner, so it's impossible to tell exactly when your child will perfect a given skill. Although the developmental milestones listed in this book will give you a general idea of the changes you can expect as your child gets older, don't be alarmed if his development takes a slightly different course. Alert your pediatrician if your baby displays any of the following signs of possible developmental delay in the eight- to twelve-month age range.

- Does not crawl
- Drags one side of body while crawling (for over one month)
- Cannot stand when supported
- Does not search for objects that are hidden while he watches
- Says no single words ("mama" or "dada")
- Does not learn to use gestures, such as waving or shaking head
- Does not point to objects or pictures

Published online: 6/07

Source: *Caring for Your Baby and Young Child: Birth to Age 5* (Copyright © 2004 American Academy of Pediatrics, Updated 5/05)