



YOUR CHILD'S DEVELOPMENTAL MILESTONES

Age: About 12 months

Motor Skills

- Gets into a sitting position without assistance.
- Sits well without support.
- Pulls self up to stand and walks holding onto furniture.
- Crawls forward on belly.
- Drinks from a cup with help.
- Feeds self finger foods like crackers or cereal.
- Places objects into and takes them out of a container.
- Uses pincer grasp (thumb and index or forefinger).

Cognitive Skills

- Searches for an object that he sees fall out of sight.
- Responds to simple verbal requests like "no."
- Imitates sounds and gestures that you make.
- Responds to music with body motions.
- Begins to use objects correctly (cup, comb, listens to receiver if a phone is placed in his hand).
- Explores objects in different ways (shaking, dropping, throwing, and banging).

Social Skills And Language

- Says "dada" and "mama".
- Babbles with inflection in his tone of voice.
- Recognizes names of other family members.
- Raises arms when he wants to be picked up.
- Shows affection to adults that he is familiar with.
- Shows apprehension around strangers.
- Exhibits separation anxiety when parent leaves.

Red Flags

If by 12 months of age you have noticed any of the following signs, discuss them with your pediatrician or nurse practitioner. Although all infants mature at different rates, failure to reach certain milestones could indicate a developmental problem requiring special attention.

- Your infant cannot sit alone
- Your infant has not started crawling
- Your infant shows no interest in playing peek a boo or interacting with caretakers
- Your infant is not babbling; he does not say simple words like "mama" "dada"