

# DEVELOPMENTAL MILESTONES: Your Child at Twelve Months



## What are developmental milestones?

Developmental milestones are skills that are achieved by most children by a certain age. Developmental milestones include physical, social, emotional, cognitive and communication skills that are appropriate for the child's age. Milestones give important clues to a child's health and well-being. Any child who is delayed in their milestones should be further evaluated by a health or developmental professional.

- **Social and Emotional milestones** include how children learn about their own emotions and the emotions of others. These milestones also involve learning how to interact and play with other people.
- **Language and Communication milestones** involve language, speech, and nonverbal communication (for example, hand gestures or facial expressions). These milestones include a baby's babbling, first words, and even the art of listening to others and holding a conversation.
- **Movement/Physical development** involves both gross-motor skills and fine-motor skills. Gross motor skills are typically the first to develop. Gross motor skills include the ability to support their head, sit up, stand, crawl and walk. Fine-motor skills involve precise movements such as grasping a spoon, picking up small objects, and drawing.
- **Cognitive (learning, thinking, problem-solving) milestones** are centered on a child's ability to think, learn and solve problems. Cognitive milestones include an infant learning how to react to different facial expressions and a preschooler learning to say the alphabet.

As a parent, you spend the most time with your child and know them the best. If your child is not meeting these milestones for his or her age, or if you think there could be a problem with the way your child plays, learns, speaks, or acts, it is important to tell your health care provider so they can assess your child's development. Discuss any concerns with your primary care provider at your child's 1-year well child exam.

## Reference and Resources

<http://www.cdc.gov/ncbddd/actearly/milestones/index.html>  
[http://www.cdc.gov/ncbddd/actearly/pdf/parents\\_pdfs/developmentalscreening.pdf](http://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/developmentalscreening.pdf)  
<http://www.dars.state.tx.us/ecis/> (Texas Early Childhood Intervention services)

## Your Child at 12 Months Old

This is what most children do at this age:

### Social/Emotional

- Is shy or nervous with strangers
- Cries when mom or dad leaves the room
- Has favorite things and people
- Shows fear in some situations
- Hands you a book when he wants to hear a story
- Repeats sounds or actions to get attention
- Puts out arm or leg to help with dressing
- Plays games such as "peek-a-boo" and "pat-a-cake"

### Language/Communication

- Responds to simple spoken requests
- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Makes sounds with changes in tone (sounds more like speech)
- Says "mama" and "dada" and exclamations like "uh-oh!"
- Tries to say words you say

### Cognitive (learning, thinking, problem-solving)

- Explores things in different ways, like shaking, banging, throwing
- Finds hidden things easily
- Looks at the right picture or thing when it's named
- Copies gestures
- Starts to use things correctly; for example, drinks from a cup, brushes hair
- Bangs two things together
- Puts things in a container, takes things out of a container
- Let's things go without help
- Pokes with index (pointer) finger
- Follows simple directions like "pick up the toy"

### Movement/Physical Development

- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture ("cruising")
- May take a few steps without holding on
- May stand alone

Tell your doctor if you notice any of these signs of developmental delay for this age. Every community should also have an early childhood intervention program that can help assess your child.

To refer a child to Texas Early Childhood Intervention Services for developmental evaluation and developmental support services, call: 1-800-628-5115

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