

These are a list of skills your child may develop by the end of 12 months

Communication Skills

- Beginning to respond to “no”
- Responds to his/her name being called
- Understands familiar words and commands
- Babbles in phrases that sound like short sentences
- Explores making new sounds/words (mama, dada, baba)
- Beginning to repeat a few words

Fine Motor Skills

- Picks up things like cereal o’s between thumb and finger
- May pull open drawers and cabinet doors
- Transfers objects easily from hand to hand

Gross Motor Skills

- Babies at this age are constantly in motion and like to move, be sure to baby proof your house
- Stands alone even for a few seconds
- Stoops to pick up a toy, returns to standing position without falling down
- Takes a few steps with or without support

Personal Social Skills

- Shows fear of strangers, may experience separation anxiety
- Has a favorite toy or lovie, may use object to comfort self
- Imitates the activities of others in play
- Offer a spoon at dinner time, but it will be faster for baby to use hands to feed self

Problem Solving Skills

- Interested in how things work
- Knows an object or person is still there even though baby cannot see it
- Likes to play show-off games such as “so big”

Communication Activities

- Ask your baby to point to body parts
- Hide a toy while baby is watching, help them find toy
- Name items your baby points to/interacts with
- Encourage imitating sounds (animal sounds, tongue clicking, babbling, singing)
- Praise baby when they attempt to communicate through pointing, gestures, new sounds/words

Fine Motor Activities

- Encourage play with bathtub toys, provide pouring utensils and sponges
- Show baby how to stack large blocks or tower rings
- Allow baby to play in the kitchen while you cook, provide plastic containers, lids, spoons, and objects that will not break
- Finger foods are more successful at this time, start to offer a spoon for baby to use

Gross Motor Activities

- Provide push or pull toys for baby to play with
- Roll a ball to baby, encourage rolling or tossing back to you, start with a large ball and then offer balls in smaller sizes, avoid balls that are too small to put in mouth to avoid choking
- While baby is standing, put toy on the floor to encourage baby to bend over and pick up
- Provide opportunities for crawling and pulling up, use objects like pillows and boxes to explore

Personal Social and Problem Solving Activities

- Allow baby to join in your family’s meals for a short time, sitting close by to engage with family
- Offer a small plastic cup with a small amount of water for baby to learn to hold and drink, may want to offer cup outside or in bathtub since much of liquid will be spilled
- Encourage your baby to pull off own socks and shoes
- Introduce games/songs with actions for baby to imitate you