

Your Baby at 12 Months

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for a 12-month-old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your baby's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your baby gets the support that they need to grow and thrive.



Growth and Movement Milestones

- Crawls well
- Pulls self to standing position. Stands alone holding on to furniture
- Walks holding on to furniture or with the help of an adult
- Dances or bounces to music
- Enjoys opening and closing toys and cabinets
- Begins eating finger foods
- Enjoys drinking from a cup. Begins to wean self from bottle/breast
- Eating at least 3 meals per day with 2 snacks in between
- Sleeps 11-13 hours at night. Takes afternoon nap



Cognitive and Language Milestones

- Know and responds to own name
- Says first word
- Says ma-ma, da-da or equivalent
- Takes great interest in picture books
- Pays attention to conversations
- Claps hands, waves bye
- Enjoys putting items in a container and taking them out



Social and Emotional Milestones

- Enjoys watching self in mirror
- May become attached to a specific toy or blanket
- Copies adult actions such as talking on the phone
- Continues to show anxiety around strangers
- Wants caregivers to be in constant sight
- Offers toys to others, but expects them to be returned
- Pushes away from things that they do not want



All for Kids Home Health



Activities & Toys for your 12-Month-Old



Engaging in age-appropriate activities with a 12-month-old is essential for promoting development. At this stage, babies are becoming more mobile and are curious about the world around them. This is a busy but fun time for parents! Here are a few activity and toy recommendations for this age group:

Activities:

- Help your baby remain safe while they explore their environment by baby proofing the home. Now is the time to get wall socket covers and cabinet locks, and make sure that bookcases and shelves are secured to the wall to prevent tipping.
- Redirect unwanted behaviors. Calmly say "no" to the unwanted behavior and offer an alternative activity.
- Point to interesting things and name them out loud. If your child tries to repeat the word, offer praise.
- Offer a variety of foods and textures. Your child may not like a food on the first try, but don't give up. Let the child have multiple chances to try new foods. Sometimes it takes 5-10 trials of a new food before the child shows interest.
- Give your baby pots and pans to bang on or offer musical instruments to make noise with.
- Offer different sensory experiences. Give blankets with different textures. Let the child have "messy time" when they are in their highchair. They can play with whipped cream, frosting or water.
- Blow bubbles and let your baby "catch" them.

Toys:

- Toy phone, remote, or computer. Refrain from real phones or tablets to limit screen time.
- Shape sorters, stacking rings, large piece puzzles, dolls
- Picture books. Practice turning pages
- Push toys to practice walking