

		(sequential play) Able to manipulate an object to remove it from tight-fitting enclosure			or be ho fe to pi m Pla do bi bo Sha "1
12 Months Old					
<ul style="list-style-type: none"> • Birth weight tripled • Birth length increased by 50% Head and chest circumference equal (head circumference 46 cm [18 inches]) Has six to eight deciduous teeth Anterior fontanel almost closed Landau reflex fading Babinski reflex disappears Lumbar curve develops; lordosis evident during walking	<ul style="list-style-type: none"> • Walks with one hand held Cruises well <ul style="list-style-type: none"> • May attempt to stand alone momentarily; may attempt first step alone Can sit down from standing position without help	Releases cube in cup Attempts to build two-block tower but fails Tries to insert a pellet into a narrow-necked bottle but fails Can turn pages in a book, many at a time	Discriminates simple geometric forms (e.g., circle) Amblyopia may develop with lack of binocularity Can follow rapidly moving object Controls and adjusts response to sound; listens for sound to recur	<ul style="list-style-type: none"> • Says three to five words besides "dada," "mama" Comprehends meaning of several words (comprehension always precedes verbalization) Recognizes objects by name Imitates animal sounds Understands simple verbal commands (e.g., "Give it to me," "Show me your eyes")	Shc su je af hu re fe Enj su ar av pi Is fi st si cl Ma ha "ε bl fa Ha do to lo sk • Se ol ha hi se w w

*Milestones that represent essential integrative aspects of development that lay the foundation for the achievement of more advanced skills.

*Degree of visual acuity varies according to vision measurement procedure used.

The chest assumes a more adult contour, with the lateral diameter becoming larger than the anteroposterior diameter. The chest circumference approximately equals the head circumference by the end of the first year. The heart grows less rapidly than does