

Developmental Activities 10-12 Months

The following activities will encourage your baby's development from ten to twelve months.



Two hand play: Encourage your baby to use both hands to explore toys. They can do this in many ways. You can put shaving cream on a mirror or tub wall to get both hands moving!



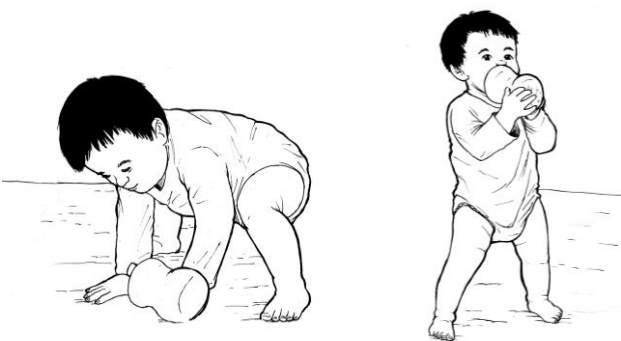
Half-kneel to stand: With your child kneeling at a low table, assist them to bring one leg up and then push up into standing.



Cruising: While standing at a low table, place toys to either side and help your baby take steps to each side.



Floor to stand: You can help your baby stand by holding their hands so they can pull up. If they need more help, support them at their body or hips.



Squat to stand: Start with your child standing with feet flat, with or without support. Help them bend their knees to reach for a toy on the floor and push back up into standing.



Walking: You can hold your child's hand or give them a push toy to encourage walking. If they need more support, you can hold them at their hips or body.

The following is general information on a baby's development from ten to twelve months.

Developmental Skills: These are abilities to encourage your baby as they grow.

Gross Motor skills: The ability to use large muscles or move your whole body like rolling, sitting, or standing.

- Your baby may be very active in all positions and may be able to move in and out of supine (back), sitting, and prone (tummy) easily.
 - In **sitting, they may** sit with their legs crossed (sitting criss cross)
 - Move into a hands and knees position to explore

From **hands and knees**, they may:

- Lift up to kneeling without support
- Creep and climb over and around objects to get to toys.

In **standing**, they may:

- Come to standing from half-kneel by holding onto furniture (10 months)
- Come to standing from half-kneel without support (12 months)
- Take side steps and forward steps while holding onto furniture (cruising)
- Begin to take steps where there are open spaces
- Begin to walk around corners of furniture that may be different heights.
- Move down to squat with control from standing and return to standing
- Walk while holding on to someone with one hand to walking without support
 - At first may walk quickly with weight forward and will need to be caught to keep from falling
 - Will begin to walk more upright with quick, short steps and feet wide apart.

Fine Motor skills: The ability to use the small muscles in our hands to coordinate movement such as picking up little objects with our fingers.

- Your baby may be interested in all things within reach. At ten months they may:



- Explore and look at toys by turning them around
- Practice releasing by opening/closing their hands to drop toys
- Crawl while holding toys in both hands
- Clap hands together

At eleven and twelve months they may:

- Try to assist with dressing by taking off socks
- Put arms through sleeves of shirts
- Turn pages in a book
- Tear pieces of tissue

- Take apart and put blocks together

Social/Interactive

- Your baby enjoys watching you and will mimic (copy) household activities. They may be moving and climbing all over the house to get to things. They may like many types of toys including:



- Toys with small holes
 - Cars
 - Toys with strings
 - Shape sorter (containers with colorful shapes that can be dropped through slots in the container lid)
 - Busy boxes (toy with different activities to do, like turning dials, spinning a rattle, or pushing buttons to play music)
 - Containers
- They may be learning about forms and textures by holding objects, banging them together, and putting their mouths on them. They may enjoy water play and will splat the water and watch toys float around. Bubbles are usually a favorite! They may also enjoy music and dance.
 - The American Academy of Pediatrics recommends that children under the age of 18 months should only use screens (tablets, phones, TVs, etc.) for video calls. For children 18-24 months, you may use screens to show educational programs for up to 1 hour.

Speech

- Your baby may begin to use speech and may say 1-3 words that they can use. You can help them understand how to match the objects to their names by saying the names out loud:
 - In board books
 - While you are doing your activities around the house
 - When driving
 - At the store
- Your baby may understand simple commands, so it is good to ask your baby to do things to increase listening and paying attention. Encourage following simple directions when playing with your baby such as:
 - “get ball”
 - “give me”
 - “put in”
- Most importantly, enjoy the time you spend with your baby! The best way to watch them grow is by holding them, playing with them, and providing them with different experiences.

How to reach help

- If you have questions or concerns, please contact _____
- Department: (323) 361-2226
- Voice Mail: _____

Referral Information

Regional Center: _____

CCS: _____

***References available upon request.**

www.pathways.org: developmental videos