

# The Growing Child: 10 to 12 Months



## How much will my baby grow?

All babies may grow at a different rate. Here is the average for boys and girls 10 to 12 months of age:

- **Weight.** Average gain of about 13 ounces each month. Birth weight is doubled at about 4 to 5 months and tripled at 1 year.
- **Height.** Average growth of just over 1/2 inch each month, with most infants growing 10 inches in the first year.
- **Head size.** Average growth of about 1/2 inch each month.

## What can my baby do at this age?

As your baby continues to grow, you will notice new and exciting abilities that develop. Babies may progress at different rates. But these are some of the common milestones most babies reach in this age group:

- Pulls up to a standing position
- Cruises or walks around holding onto furniture
- Able to pick up food and small objects with thumb and pointer finger
- Can feed themselves finger foods
- Drinks from cup without a lid, as you hold it
- New teeth continue to erupt. May have 4 to 6 teeth by 1 year old.
- Takes 2 naps a day and is able to sleep up to 12 hours at night without a feeding
- May wake up at night looking for parents

## What can my baby say?

Speech development is very exciting for parents as they watch their babies become social beings who can interact with others. Every baby develops speech at their own rate. But these are some of the common milestones that most babies reach in this age group:

- Says da-da, ma-ma, or other special names and knows who these people are
- Imitates sounds and some speech
- Waves bye-bye

## What does my baby understand?

Babies at this age become much more aware of others as well as themselves. They are not yet confident that a parent will return when they leave. Children may progress at different rates. But these are some of the common milestones children may reach in this age group:

- Understands "no"

- Puts something in a container, like a block in a cup
- Looks for things they see you hide, like a toy under a blanket
- Is curious and wants to explore
- Moves to music
- Drops objects on purpose for others to pick up
- Points and gestures for objects and actions
- May start to pretend simple activities, such as cleaning or drinking from cup

## How does my baby interact with others?

Separation anxiety and fear of strangers are common at this age. Separation anxiety is anxiousness and fearfulness of being separated from a parent, whether or not the parent is actually leaving the presence of the child. But this is an important part of the relationship with the parent. Every child is unique and will develop different personalities. But these are some of the common behavioral traits that may be present in your child:

- Plays games with you, like pat-a-cake
- Waves bye-bye

## How to help increase your baby's learning and emotional security

Here are some ways to foster your baby's emotional security:

- Encourage your baby to practice walking on their own. Baby walkers are not recommended. Let them hold your hands or hold onto furniture that is safe.
- Play together with blocks and other toys that encourage your baby to use their hands
- Introduce your baby slowly to new people and things.
- Look at picture books with your baby and talk about the pictures.
- Give your baby finger foods and help them to use a spoon, but allow your baby to do it alone. Don't worry if your baby makes a mess. Experimenting is important.
- Read stories to your baby every day.
- When your baby asks for something by pointing, name the object as you give it to them.
- Hold and cuddle your baby often.
- Continue a bedtime routine of cuddling, rocking, and soothing.
- Respond to your baby if they wake up and cry at night. Don't turn on the light or pick up or hold your baby. Limit your interactions to soothing talk and patting. Tell your baby it is time for sleep.
- Give your baby safe places to explore.
- Limit screen time (TV, tablets, phones) to video calling with loved ones. Screen time is not recommended for children younger than 18 months of age. Babies learn by talking, playing, and interacting with others.

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