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Developmental milestones record - 12 months

The typical 12-month-old child will demonstrate certain physical and mental skills. These skills are called developmental milestones.

Information

All children develop a little differently. If you are concerned about your child's development, talk to your child's health care provider.

PHYSICAL AND MOTOR SKILLS

A 12-month-old child is expected to:

- Be 3 times their birth weight
- Grow to a height of 50% over birth length
- Have a head circumference equal to that of their chest
- Have 1 to 8 teeth
- Stand without holding on to anything
- Walk alone or when holding one hand
- Sit down without help
- Bang 2 blocks together
- Turn through the pages of a book by flipping many pages at a time
- Pick up a small object using the tip of their thumb and index finger
- Sleep 8 to 10 hours a night and take 1 to 2 naps during the day

SENSORY AND COGNITIVE DEVELOPMENT

The typical 12-month-old:

- Begins pretend play (such as pretending to drink from a cup)
- Follows a fast moving object
- Responds to their name
- Can say momma, papa, and at least 1 or 2 other words

- Understands simple commands
- Tries to imitate animal sounds
- Connects names with objects
- Understands that objects continue to exist, even when they can't be seen (object constancy)
- Participates in getting dressed (raises arms)
- Plays simple back and forth games (ball game)
- Points to objects with the index finger
- Waves goodbye
- May develop an attachment to a toy or object
- Experiences separation anxiety and may cling to parents
- May make brief journeys away from parents to explore in familiar settings

PLAY

You can help your 12-month-old develop skills through play:

- Provide picture books.
- Provide different stimuli, such as going to the mall or zoo.
- Play ball.
- Build vocabulary by reading and naming people and objects in the environment.
- Teach hot and cold through play.
- Provide large toys that can be pushed to encourage walking.
- Sing songs.
- Have a play date with a child of a similar age.
- Avoid television and other screen time until age 2 years.
- Try using a transitional object to help with separation anxiety.

Alternative Names

Normal childhood growth milestones - 12 months; Growth milestones for children - 12 months; Childhood growth milestones - 12 months; Well child - 12 months

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