



One-Year DEVELOPMENTAL MILESTONES

Developmental milestones are skills that children should reach in how they play, learn, speak, act, and move. These skills include taking a first step, smiling for the first time, and waving "bye bye".

Reaching milestones at the typical ages shows a child is developing as expected. Milestones are different for each age range, and not reaching milestones or reaching them much later than children the same age can be the earliest indication that a child may have a developmental delay.

1 months

- Tries different facial expressions
- Can recognize your smell
- Startles at loud noises
- Can see things 8 to 12 inches away
- Enjoys high-contrast patterns
- May be able to hold their head up for brief moments
- May be able to turn head from side to side during tummy time

2 months

- May smile
- Brings hands to mouth
- Possibly self-soothes by thumb-sucking
- Makes cooing noises
- Turns head toward sounds, especially your voice
- Visually tracks an object in front of them
- Tries to look at a parent's face
- Has improved head and neck control
- Makes smoother arm and leg movements

3 months

- Smiles socially in response to others
- May laugh
- Lifts head and chest during tummy time and possibly supports upper body with arms
- Kicks when placed on back
- Pushes down on feet when placed against a solid surface
- Watches faces
- Follows objects with eyes
- Turns head toward sounds
- Makes babbling noises
- Imitates sounds
- Has improved hand-eye coordination
- Reaches for and may be able to grasp toys
- Open and shuts hands
- Brings hands to mouth
- Might begin rolling from tummy to back

4 months

- Smiles at familiar faces
- Recognizes objects, like a favorite toy
- Uses hands and eyes together to reach and grab for objects of interest
- Enjoys playing with toys and may get frustrated when it's time to stop playing
- Begins to babble
- Imitates sounds and facial expressions
- Holds head steady without support
- Pushes body up onto elbows during tummy time
- May roll over from tummy to back

5 months

- Enjoys playing games like "peek-a-boo"
- Can likely roll over from tummy to back
- May be able to sit when propped up with pillows
- Picks up and moves objects with hands
- Understands cause and effect (for example, that dropping a block makes noise)

6 months

- Recognizes familiar people
- Enjoys looking in the mirror
- Likes playing games like patty-cake
- Responds to other people's emotions
- Tries to "talk" with you, or babbles back at you
- Says consonant sounds like "m" and "b"
- Responds to own name
- Is curious about the surrounding world
- Explores objects using mouth
- Passes toys between hands
- Rolls from tummy to back and back to tummy
- May attempt to get up on hands and knees and rock back and forth
- May be able to sit without support
- Likely has fun bouncing on legs when supported

7 months

- Rolls both ways
- Notices and tracks objects in distance
- Reaches with one hand
- Picks up larger objects
- Passes objects between hands
- Uses a "raking" movement to move small objects
- May understand some words, including their own name and "no"
- Babbles chains of consonants like "ma ma ma ma"
- Reacts to emotion in your voice
- Loves playing with you
- Might be able to sit without support
- May be able to support their own weight on their feet when held under armpits

8 months

- Sits without support
- Babbles
- Easily passes objects between hands
- Might become attached to a special toy
- May pull themselves up to stand
- Could start to crawl
- May say some words, like "mama"
- Might grasp smaller objects

9 months

- Claps their hands
- Attempts to wave
- May use fingers to point
- Picks up small objects like finger foods
- Remembers the location of toys and other objects
- May cry when you leave due to separation anxiety
- Understands certain words, like their name and "no"
- Makes many different sounds
- Has likely begun crawling
- Might be afraid of strangers and clingy with parents
- Can probably pull themselves up to stand
- Can get into sitting position and sit without support

10 months

- Experiments with toys by shaking, throwing, or banging them
- Copies your patterns of speech
- Can likely understand and use some baby sign language
- May communicate using basic gestures, such as pointing at objects they want
- Might crawl
- May pull themselves up to stand
- Might take a few steps on their own

11 months

- Understands more words
- Looks at objects when named
- Uses gestures to communicate, such as waving bye
- May be able to pull up with support and stand for a few seconds
- May "cruise" while standing and holding onto furniture or a walking toy
- Might take a few steps without holding on
- Could say first words
- Might be able to follow simple directions

12 months

- Sits without support
- Get onto hands and knees
- Pulls up to stand
- May remain standing without support
- Crawls
- Cruises (walks while standing and holding onto furniture or a walking toy)
- May walk without support
- Explores objects by banging, shaking, and dropping
- Moves objects in and out of containers
- Uses a sippy cup
- Says single words, like "dada" or "uh oh"
- Tries to imitate words
- Remembers where objects are hidden
- Responds to simple commands
- Look at correct picture when image is named
- Uses gestures, such as shaking head no
- Points at objects or people of interest
- Shows preferences for certain people or toys
- Likely experiences some separation anxiety
- May hold a marker and try to scribble