

Child Development Milestones – 12 months

The majority of children will achieve these milestones by the time they turn 12 months. All children develop at different rates. Some children are slower than others (developmentally delayed) but catch up with time. Other children, however, may have an underlying problem that causes their delayed development, and they may not catch up. It is important for these children to get as much treatment (early intervention) as possible. So if you are concerned about any aspect of your child's development, see your child health nurse or doctor for help without delay. If in doubt, it is better to have your concerns checked than to 'wait and see'.

<input checked="" type="checkbox"/> An average child can...	<input checked="" type="checkbox"/> Signs of possible problems include...
Gross motor	
<input type="checkbox"/> Stand holding on, walk holding on	<input type="checkbox"/> Cannot stand holding on
<input type="checkbox"/> Crawl well	<input type="checkbox"/> No crawling or bottom-shuffling
<input type="checkbox"/> Pull to standing position	<input type="checkbox"/> Any differences between right and left sides of body (in strength, movement or muscle tone)
Fine motor	
<input type="checkbox"/> Pick up objects using tip of thumb and index finger	<input type="checkbox"/> No clear use of the index finger to point or poke or with thumb to pick up objects
<input type="checkbox"/> Grasp pencil and start to scribble	
<input type="checkbox"/> Pick up smaller objects well	
Talking and understanding	
<input type="checkbox"/> Say 2 clear words	<input type="checkbox"/> No single words
<input type="checkbox"/> Shake head for 'no'	
<input type="checkbox"/> Babble short sentences of six or more sounds	<input type="checkbox"/> No babbled phrases that 'sound' like normal language
<input type="checkbox"/> Babble frequently when alone (i.e. talk to self)	
<input type="checkbox"/> Listen with more interest to familiar words	<input type="checkbox"/> No interest in language, communication
<input type="checkbox"/> Understand 'no'	
<input type="checkbox"/> Understand individual words, like 'drink'	<input type="checkbox"/> No recognition of individual words
Social	
<input type="checkbox"/> Play ball with a stranger	<input type="checkbox"/> Lack of awareness of strangers
<input type="checkbox"/> Point at wanted objects	
<input type="checkbox"/> Play more complex games, like pat-a-cake	<input type="checkbox"/> Prefer to play alone
<input type="checkbox"/> Make the first move to show affection	<input type="checkbox"/> Show no pleasure when parents give affection
<input type="checkbox"/> Wave 'bye-bye'	<input type="checkbox"/> No awareness of what to do socially (i.e. waving, or noticing if someone walks in the room)
Intellectual	
<input type="checkbox"/> Actively explore – lifting lids, looking around	
<input type="checkbox"/> Copy actions	
<input type="checkbox"/> Find hidden objects, like a block under a cup	<input type="checkbox"/> Forgets objects or loses interest as soon as they are out of view

If you have any concerns about your child's development, see your child health nurse or GP.

Copyright © 2003 Child Development Network. Reproduced with permission.

