

SCHENECTADY CITY SCHOOL DISTRICT
DEVELOPMENTAL EXPECTATIONS
12 MONTHS OLD



80% OF BRAIN DEVELOPMENT HAPPENS DURING THE FIRST THREE YEARS OF LIFE



12 MONTHS OLD

The American Academy of Pediatrics recommends developmental and behavioral screening for all at:

- 9 months
- 18 months
- 24 or 30 months

RECOMMENDED DEVELOPMENTAL SCREENING TOOLS

Ages and Stages
Questionnaire (ASQ-3)

Parents' Evaluation of
Developmental Status
(PEDS)

Parents' Evaluation of
Developmental Milestones
(PEDS-MS)

Brigance Screens

The American Academy of Pediatrics and the Center for Disease Control and Prevention have outlined age-related markers that every child should reach by twelve months of age.

Development milestones are things most children can do by a certain age. These should be viewed with sensitivity as each child develops in their own way. A child can be on track without having learned every skill. Parents should intervene by alerting your child's pediatrician if you have any concerns regarding your child's progress or play.

WHAT SHOULD YOUR CHILD BE DOING?

Language and Communication Development

- Responds to simple verbal requests
- Uses simple gestures such as shaking head for "no"
- Babbles with change in tone
- Says "dada" and "mama" and "oh oh"
- Tries to replicate common words or short phrases

Social/Emotional Development

- Cries when parents/guardians leave
- Cautious with strangers
- May be fearful in some situations
- Has favorite items/toys
- Prefers mom and/or regular caregiver over other people
- Repeats sounds or gestures
- Finger feeds self
- Initiates reading or play time by handing you a book or toy
- Extends arm or leg to help when being dressed.

For more information, visit: <https://healthychildren.org/> (2009). This information contained on this website should not be used as a substitute for medical care and advice of your pediatrician. There may be variations and treatment that your pediatrician may recommend based on individual facts and circumstances.



POSITIVE PARENTING TIPS TO HELP YOUR CHILD LEARN AND GROW

Talk to your child throughout the day. Use descriptive words to help them learn routines. For example, "Mommy is using your hairbrush to brush your hair."

Read with your child every day. Let your child turn the pages and take turns naming pictures you see. Allow them to help tell the story using the picture in the book.

Answer when your child makes sounds and noises. This will help your child learn to use language for conversation.

Sing songs and dance with your child.

Spend time cuddling and hugging your child.

Praise your child and give him or her lots of loving care.

Give your child paper and crayons and allow them to draw freely.

Play with your child using block, shape sorter or appropriate puzzles.

Hide toys and have your child find them.

Play games like "peek-a-boo" and "pat-a-cake."

Cognitive Development

Learning, thinking, problem-solving skills

- Explores objects in many ways (shaking, banging, throwing, dropping)
- Finds hidden objects easily
- Uses pointer finger to identify wants/needs
- Looks at/points to correct picture when the word is said
- Imitates gestures of other people
- Begins using everyday objects correctly (drinking from cup, brushing hair, brushing teeth, dialing phone)
- Follows one-step directions (find the ball, pick up the block)

Physical Development (gross motor skills)

- Creeps and crawls on hands and knees supporting his/her own body
- Can get to a sitting position without help
- Pulls up to stand
- Walks holding onto furniture
- Stands alone without support
- May walk two or three steps without support

Fine Motor Development

- Uses a grip (pointer finger and thumb) grasp, especially when self-feeding
- Puts items into and takes them out of containers
- Releases objects willingly from his/her grasp
- Pokes/points with index finger
- Tries to imitate scribbling

WHAT SHOULD I DISCUSS WITH MY CHILD'S DOCTOR?

Each child develops in his or her own way. It is impossible to tell exactly when your child will learn any given skill. You should contact your pediatrician if your child displays any of the following signs which can indicate developmental delay:

- Does not crawl
- Drags one side of body while crawling
- Cannot stand when supported
- Does not search for object that are hidden while they watch
- Cannot pronounce simple words such as "mama" or "dad"
- Does not learn to use gestures such as waving or shaking head
- Does not point to objects or pictures
- Loses skills that he or she once mastered

