

DEVELOPMENTAL MILESTONES

1 YEARS OLD

Cognitive and Sensory skills

- Object performance established
- Attention span of 2-3 minutes
- Goal-directed behavior
- Explores objects by shaking and banging
- Looks directly at named objects
- Copies gestures
- Follows simple directions

Gross Motor skills

- Able to rise from supine to sit
- Able to rotate/pivot while sitting
- Pulls to stand without help
- Able to shift body weight
- Walks holding on to furniture
- May stand alone

Fine Motor Skills

- Pincer grasp
- Multiple grasp patterns

Self-Care Skills

- Puts out an arm/leg to assist with dressing
- Starts using objects correctly (i.e. hairbrush, cup)
- Drinks from a cup
- Puts things in a container

Language skills

- Responds to simple spoken requests
- Uses simple gestures
- Makes sounds with changes in tone
- Says "mama" and "dada" and exclamations like "uh-oh!"
- Tries to imitate words

Social-Emotional skills

- Shy/nervous around strangers
- Cries when caregiver leaves
- Has favorite things and people
- Shows fear in some situations
- Repeats sounds/actions to get attention

Red Flags

- Doesn't crawl
- Cannot stand with support
- Doesn't search for things you hide
- Doesn't say single words
- Doesn't learn gestures like waving and shaking head
- Doesn't point to things
- Loses acquired skills