

12 Month Old Developmental Milestones

Intellectual	• Explores things by shaking, banging, and throwing • Looks at objects when named • Bangs two objects together • Follows basic directions • Starts to use things correctly, like drinking from a cup or using a hairbrush • Finds hidden things easily
Social	• May shy away from strangers • May cry when parents leave • Shows fear in some situations • Has favorite things and people • Can hand you a book when he/she wants to hear a story • Plays games like “peek-a-boo” or “pat-a-cake” • Puts out arms or leg to help with dressing • Responds to simple requests • Says things like “mama,” “dada,” or “uh-oh!”
Emotional	• May be afraid of strangers • May cling to familiar adults • Shows preference for favorite toys
Physical	• Pulls up to stand and “cruises” while holding onto furniture • May take a few steps without holding on • May stand alone