

Toddler time! Developmental milestones and encouragement for 12-month-olds

With a short 12 months under their tiny belts, babies become toddlers. It's a big promotion in their development as well as age. At one year, toddlers are learning to take first steps with a little help from the couch, and then on their own. They begin in earnest to mimic gestures and actions to be more like those around them.

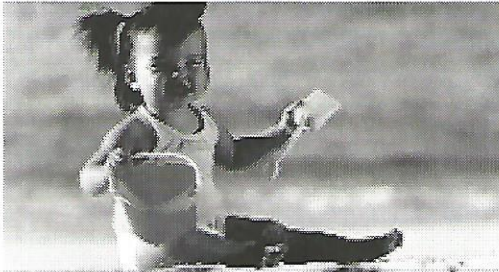
While each child grows at his or her own rate, [Help Me Grow](#) offers the following development milestones as typical for 12-month-olds to monitor a toddler's progress:

- Pulls to stand, and walks holding onto furniture
- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Says "mama" and "dada"
- Shows preference for certain people and toys
- Imitates gestures, sounds and actions
- Puts objects in and out of containers

Parents, child care providers and caregivers can encourage a child's development. For a 12-month-old, adults should:

- Include toddler at family meals
- Play, read, sing and talk to toddler
- Let toddler turn pages when looking at a book together
- Help toddler learn limits by saying "no" in a firm, quiet voice and by providing choices
- Use words to tell toddler what comes next
- Develop and maintain consistent routines

Help Me Grow suggests that parents, child care providers and caregivers track a child's progress as he or she grows, and *recommends that parents talk to their health care provider or refer their child through Help Me Grow if their child isn't babbling, pointing or gesturing by 12 months old*. To request developmental resources or a developmental wheel, which includes milestones and actions to encourage a child's progress, contact Kathy McKay at (651) 728-0400 or kathy.mckay@metroecu.org. For more information, visit helpmegrowmn.org.



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We recommend immediate referral if your baby isn't babbling, pointing and gesturing

For more information on twelve month milestones, please visit HelpMeGrowMN.org

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