



# Your Child's Growth, Step by Step: Milestone Tracking with

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## Your baby at 1 year

Milestones are important! The way your baby plays, learns, speaks, behaves, and moves provides valuable insights into their development. Review the milestones your baby should have reached by 12 months. Bring this information to every well-child visit and discuss your baby's progress with their doctor, as well as what to expect in the future.

### Social/Emotional Milestones

- Engages in interactive games with you, such as pat-a-cake

### Language/Communication Milestones

- Refers to a parent as "mama," "dada," or another special name
- Waves "bye-bye"
- Understands the meaning of "no" (pauses briefly or stops in response)
- Starts making a variety of sounds like "mamamama" and "babababa"
- Lift arms up to be picked up

### Cognitive Milestones (Learning, thinking, problem-solving)

- Places objects in a container, such as a block in a cup
- Searches for items he observes you hide, like a toy under a blanket

### Movement/Physical Development Milestones

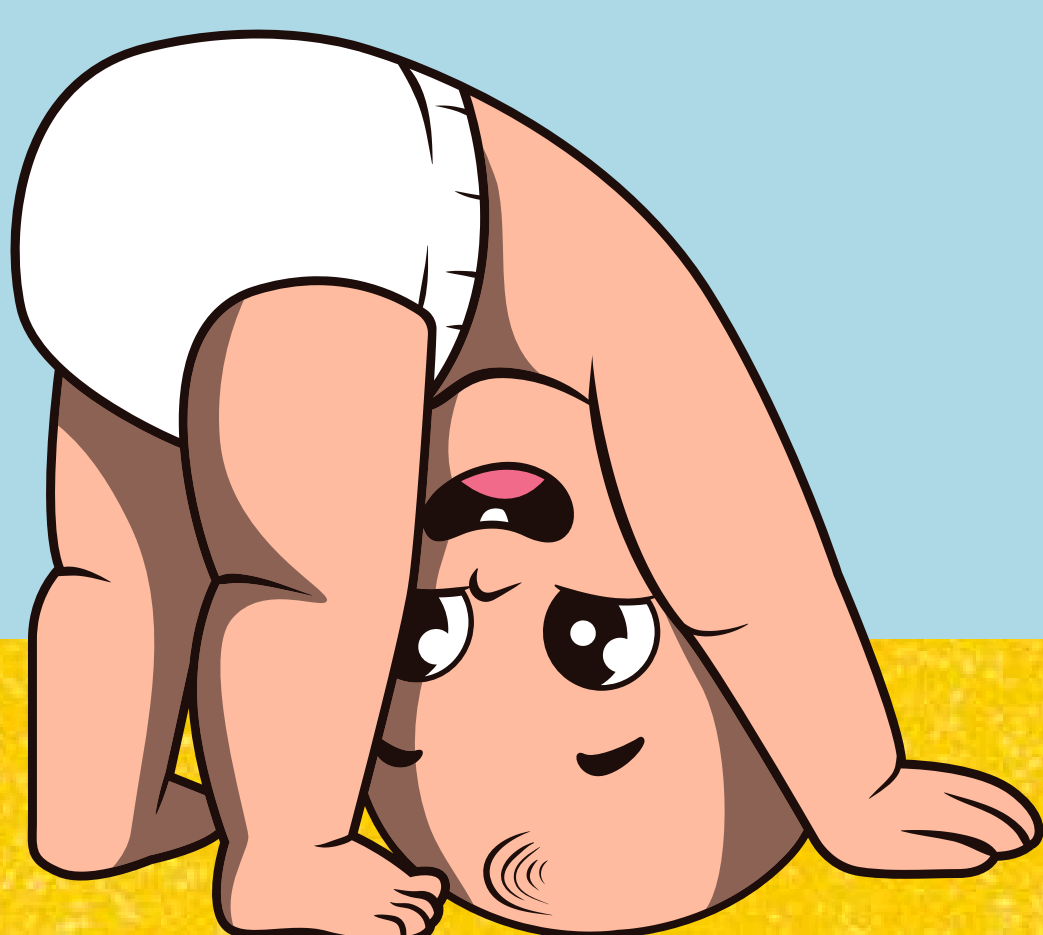
- Pulls himself up to a standing position
- Walks while holding onto furniture
- Drinks from an open cup with your assistance
- Picks up small objects, like food, using thumb and pointer finger

### What to Share with Your Doctor

- ★ Is there anything about the baby that concerns you?
- ★ Is that healthcare needs that your baby have or he/she born prematurely?
- ★ Is there anything that you and your baby do together?
- ★ Does your baby stop doing anything that he/she used to do?
- ★ What are your baby's favorite things to do?



**You know your baby the most. Don't wait if you have any concerns about their development. If your baby isn't meeting certain milestones, has lost previously acquired skills, or if you have other concerns, take action early. Talk with your baby's doctor about developmental screenings.**



## Support your Baby's Learning & Development

As your baby's first teacher, you play a key role in their learning and brain development. Here are some simple, safe activities you can try. If you have any questions or need more ideas, be sure to talk to your baby's doctor or teachers.

- ✓ Teach your baby positive behaviors by modeling what to do and offering praise, hugs, or kisses when she gets it right. For example, if she pulls the pet's tail, guide her on how to pet gently, and reward her with a hug when she does.
- ✓ Talk or sing to your baby as you go about your activities. For example, say "Mommy is washing your hands," or sing "This is the way we wash our hands."
- ✓ Build on your baby's words. If he says "ta," respond with "Yes, a truck," or if he says "truck," reply with "Yes, that's a big, blue truck."
- ✓ Redirect your baby's attention quickly if she is getting into something off-limits by offering a toy or moving her. Save "no" for dangerous situations, and say it firmly. Avoid spanking, yelling, or lengthy explanations.
- ✓ Create a safe environment for your baby to explore by baby-proofing your home. Move sharp or breakable items out of reach, and securely store away harmful substances like medicines and cleaning products. Keep the Poison Help Line number (800-222-1222) in all phones.
- ✓ Respond with words when your baby points to things, such as, "You want the cup? Here is the cup." Celebrate any attempts to say words like "cup."
- ✓ Point out interesting things like trucks, buses, or animals to help your baby learn to follow what others show through pointing.
- ✓ Limit screen time (TV, tablets, phones) to video calls with family. Babies under 2 years learn best by interacting, playing, and talking with others.
- ✓ Offer your baby water, breast milk, or plain milk. Juice isn't necessary, but if given, limit to 4 ounces of 100% fruit juice a day. Avoid sugary drinks like soda, sports drinks, or flavored milks.
- ✓ Help your baby experience foods with different tastes and textures, like smooth, mashed, or finely chopped foods. Your baby might not like a food right away, so try again later.
- ✓ Allow time for your baby to adjust to a new caregiver. Bring along a favorite toy, stuffed animal, or blanket for comfort.
- ✓ Encourage your baby to make noise with pots, pans, or small instruments like a drum or cymbals to stimulate creativity and fun.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) and do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

