

1 Year Developmental Guide

Physical

- walks by 18 months
- runs
- stops, squats, then stands
- sits on small stool or chair
- climbs stairs while holding on
- dances to music
- plays with push and pull toys
- throws overhand
- kicks a ball



Play

- play games like pat-a-cake
- bangs objects together
- parallel play
- puts 2-3 piece puzzles together
- increasing make-believe play
- plays with more than one toy at a time
- places items in and out of container
- look for items hid, like toy under a blanket
- hands book to adult when wants to hear a story



Social & Emotional

- cries when parent leaves
- shy around strangers
- has favorite toys
- copies movement and gestures
- follows simple directions
- recognizes own face in mirror
- can point to body parts when asked
- understanding cause-and-effect
- points for help
- begins to say "no" to commands or needs
- may have temper tantrums
- blanket or stuffed animal for security object
- may be clinging to parents
- notices where others are hurt or upset



Learning

- looks at correct object when names
- scribbles, imitate drawing line or circle
- loves looking at books with adult
- turns pages of board books



Personal Care

- drink from cups without lid, while held
- pick up items between thumb and pointer finger
- holds out arm or leg to help get dressed
- eats greater variety of foods
- eating on own
- self feeds with spoon
- helps with dressing and undressing



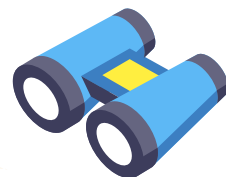
Language

- wave "bye-bye"
- call parent "mama" or "dada"
- understand "no"
- repeats sounds to get attention
- babbles like speech
- responds to simple requests given
- tries to repeat words
- imitates animal sounds
- simple phrases or 2-word sentences
- 100 or more words by 2 years
- responds to name



Be Watchful for...

- isn't crawling
- won't search for hidden objects
- can't stand without support
- doesn't point
- doesn't say simple words
- loses skills once had



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