

Expected Development at 12 months old

Communication and Language

Listening, Attention and Understanding

- Locates sounds from any direction well.
- Immediately responds to own name.
- Shows recognition of familiar tunes by trying to join in.
- Shows behaviour that some words are understood in usual context, e.g. drink, cat.
- Takes turns by babbling and using single words.
- Understands simple instructions associated with gesture, e.g. give it to Daddy, come to Mummy.
- Is able to choose between two objects: 'do you want the ball or the car?'
- Locates sounds well and responds to own name.

Speaking

- Babbles loudly and incessantly (jargon).
- Vocalisation contains most vowels and many consonants.
- Frequently responds to familiar songs by vocalising.
- Imitates adult vocalisations, e.g. 'uh-oh'.
- May use a few words.

PSE Development

Self-Regulation

- Takes objects to mouth less often.
- Will put objects in and out of cup or box when shown.
- Manipulates objects and will shake to make noise.
- Listens with pleasure to sound-making objects and repeats appropriate activity to reproduce sound.
- Quickly finds objects hidden from view.

Managing Self

- Likes to be in sight and hearing of familiar people.
- Sits, or sometimes stands, without support while dressed by carer.
- Helps with dressing by holding out arm for sleeve/foot for shoe.
- Holds spoon and will attempt to use for feeding, although very messy.
- Drinks well from cup with little assistance.

Building Relationships

- Enjoys joint play with adults, actively switching attention between objects and adult.
- Gives objects to adult on request and sometimes spontaneously.
- Plays 'pat-a-cake' and waves 'good-bye', both on request and spontaneously.

Physical Development

Gross Motor Skills

- Sits on floor and can rise to sitting position from lying down with ease.
- Crawls on hands and knees, shuffles on bottom.
- May crawl upstairs.
- Pulls to standing and sits down again.
- Walks around furniture lifting one foot and stepping sideways.
- May stand alone for a few minutes.
- Walks forwards and sideways with one or both hands held.
- May walk alone.
- When shown will put objects in and out of container.
- Manipulates toys and will shake to make noise.
- Drops and throws toys forwards deliberately and watches them fall to ground.

Fine Motor Skills

- Has a mature grasp.
- Picks up small objects with neat pincer grasp between thumb and tip of index finger.
- Looks in correct place for toys which falls out of sight.
- Points with index finger at objects of interest.
- Be able to pick up a piece of string with first finger & thumb.
- Outdoors, watches people, animals, or vehicles for prolonged periods.
- Shows interest in pictures.