

12 Months

Developmental Milestones

- ❖ Pulls to stand up.
- ❖ Crawls rapidly.
- ❖ Seats self on floor.
- ❖ Holds onto furniture or walks alone unsteadily.
- ❖ Explores new objects by banging them together.
- ❖ May be able to drink from a cup.
- ❖ Waves goodbye.
- ❖ Feeds self.
- ❖ Plays social games such as pat-a-cake and peek-a-boo.
- ❖ Has vocabulary of one to three words in addition to “mama” and “dada.”
- ❖ Shows understanding of a few simple words.



Parenting Tips

- ❖ Notice and encourage good behavior.
- ❖ Discipline should be gentle and consistent to be effective.
- ❖ Encourage play with age-appropriate toys.
- ❖ Read books often to your child.
- ❖ Get out from time to time without children, making sure to leave a qualified babysitter in charge. You get a break, and your child learns that sometimes you go away, but you always come back.

References

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