

Your amazing baby 7-12 month milestones

During 7th to 10th months

- turns over on his* stomach and crawls better
- can push self up into a sitting position
- looks for objects he has dropped
- likes to bounce in a standing position
- starts to pull self up into a standing position
- stands with little support
- likes to walk holding on to caregiver's hand
- can find a hidden toy
- can pick up small objects and string
- can hold an object in each hand
- throws, waves, bangs toys together
- imitates facial expressions and familiar sounds
- rattles objects repeatedly
- may try to crawl upstairs
- may start to walk holding onto furniture
- climbs onto furniture and chairs
- uses index finger to point and to poke
- waves bye-bye, says "mama" and "dada"
- likes to see and smile at self in a mirror
- can point to a few body parts like eyes and nose
- sleeps through the night, takes 1-2 daytime naps
- lower front teeth come in

Give your baby

- toys for the bath and nested plastic cups
- toys to bang together that make noise
- sturdy picture books
- classical music (play throughout infancy)
- a small cup to practice drinking out of every day

* All tips apply to
both boys and girls.

More on back



Hold me, love me, praise me so,
teach me, hug me, watch me grow

During 11th and 12th month

- stands alone and can clap hands
- can stand up, bend over and pick up objects
- puts food in mouth using his whole hand
- likes to hold a spoon and a cup
- may try to feed self with a spoon
- takes off shoes and socks and other clothes
- climbs up and down stairs
- may show preference for one hand
- walks with one hand being held
- turns when name is called
- likes to look at pictures in a book
- likes to nest toys together correctly
- starts to know where familiar objects are even though he can't see them
- may not always want to cooperate
- often clings to favorite toy or blanket
- knows the difference of being "good" or "bad"
- seeks approval and tries to avoid disapproval
- doesn't like being interrupted from play
- enjoys playing with siblings
- begins to develop self-identity and independence
- stops briefly when you say "no"
- can express a few emotions
- practices "talking" with adults
- pushes caregivers' limits
- is often afraid of strangers
- likes to put things in and out of containers
- play games, loves pat-a-cake and peek-a-boo
- loves to explore and learn, learn, learn

Give your baby

- a cloth book and read to your baby every day
- plastic disks or keys on a chain
- a ball and other rolling or moving toys
- stacking toys, a set of mixing bowls, pots, pans
- a basket of clean clothes pins or small wood blocks to dump out and put back into a basket
- a toothbrush
- lots of attention
- talk to your baby: but pause and allow baby to respond, thus "talk" back and forth
- stick to a daily routine

Children learn at their own pace, though most move through similar developmental stages. If you have concerns about your child's progress, contact your child's health care provider or look for an "Early Intervention" program in your community.