

Year 1 of your child



Child's Name

Child's DOB

Today's Date

Milestones matter! The way your child plays, learns, speaks, acts, listens, and moves offers important clues about their development. Check the milestones your child has reached by age 1. Here is some important checklist for the child of age 1.

After Age 1 Completed: Things most children do:

Social & Emotional Development	Yes/No
➤ Is shy or nervous with strangers	<input type="checkbox"/> / <input type="checkbox"/>
➤ Cries when mom or dad leaves	<input type="checkbox"/> / <input type="checkbox"/>
➤ Has favorite things and people	<input type="checkbox"/> / <input type="checkbox"/>
➤ Shows fear in some situations	<input type="checkbox"/> / <input type="checkbox"/>
➤ Hands you a book when he wants to hear a story	<input type="checkbox"/> / <input type="checkbox"/>
➤ Repeats sounds or actions to get attention	<input type="checkbox"/> / <input type="checkbox"/>
➤ Puts out arm or leg to help with dressing	<input type="checkbox"/> / <input type="checkbox"/>
➤ Plays games such as "peek-a-boo" and "pat-a-cake"	<input type="checkbox"/> / <input type="checkbox"/>
Cognitive (learning, thinking, problem-solving)	Yes/No
➤ Explores things in different ways, like shaking,	<input type="checkbox"/> / <input type="checkbox"/>
➤ banging, throwing	<input type="checkbox"/> / <input type="checkbox"/>
➤ Finds hidden things easily	<input type="checkbox"/> / <input type="checkbox"/>
➤ Looks at the right picture or thing when it's named	<input type="checkbox"/> / <input type="checkbox"/>
➤ Copies gestures	<input type="checkbox"/> / <input type="checkbox"/>
➤ Starts to use things correctly; for example, drinks from	<input type="checkbox"/> / <input type="checkbox"/>
➤ a cup, brushes hair	<input type="checkbox"/> / <input type="checkbox"/>
➤ Bangs two things together	<input type="checkbox"/> / <input type="checkbox"/>
➤ Puts things in a container, takes things out of a container	<input type="checkbox"/> / <input type="checkbox"/>

➤ Lets things go without help	<input type="checkbox"/> / <input type="checkbox"/>
➤ Pokes with index (pointer) finger	<input type="checkbox"/> / <input type="checkbox"/>
➤ Follows simple directions like “pick up the toy”	<input type="checkbox"/> / <input type="checkbox"/>

Language/Communication	Yes/No
➤ Responds to simple spoken requests	<input type="checkbox"/> / <input type="checkbox"/>
➤ Uses simple gestures, like shaking head “no” or waving “bye-bye”	<input type="checkbox"/> / <input type="checkbox"/>
➤ Makes sounds with changes in tone (sounds more like speech)	<input type="checkbox"/> / <input type="checkbox"/>
➤ Says “mama” and “dada” and exclamations like “uh-oh!”	<input type="checkbox"/> / <input type="checkbox"/>
➤ Tries to say words you say	<input type="checkbox"/> / <input type="checkbox"/>

Movement/Physical Development	Yes/No
➤ Gets to a sitting position without help	<input type="checkbox"/> / <input type="checkbox"/>
➤ Pulls up to stand, walks holding on to furniture (“cruising”)	<input type="checkbox"/> / <input type="checkbox"/>
➤ May take a few steps without holding on	<input type="checkbox"/> / <input type="checkbox"/>
➤ May stand alone	<input type="checkbox"/> / <input type="checkbox"/>

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

	Yes/No
➤ Is missing milestones	<input type="checkbox"/> / <input type="checkbox"/>
➤ Doesn't crawl	<input type="checkbox"/> / <input type="checkbox"/>
➤ Can't stand when supported	<input type="checkbox"/> / <input type="checkbox"/>
➤ Doesn't search for things that she sees you hide.	<input type="checkbox"/> / <input type="checkbox"/>
➤ Doesn't say single words like “mama” or “dada”	<input type="checkbox"/> / <input type="checkbox"/>
➤ Doesn't learn gestures like waving or shaking head	<input type="checkbox"/> / <input type="checkbox"/>
➤ Doesn't point to things	<input type="checkbox"/> / <input type="checkbox"/>
➤ Loses skills he once had	<input type="checkbox"/> / <input type="checkbox"/>

Support your children in their growth and learn



You can help your child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 1-year-old child today.

After Age 1 Completed: What you can do

	Yes/No
➤ Give your child time to get to know a new caregiver. Bring a favorite toy, stuffed animal, or blanket to help comfort your child.	<input type="checkbox"/> / <input type="checkbox"/>
➤ In response to unwanted behaviors, say “no” firmly. Do not yell, spank, or give long explanations. A time out for 30 seconds to 1 minute might help redirect your child.	<input type="checkbox"/> / <input type="checkbox"/>
➤ Give your child lots of hugs, kisses, and praise for good behavior.	<input type="checkbox"/> / <input type="checkbox"/>
➤ Spend a lot more time encouraging wanted behaviors than punishing unwanted	<input type="checkbox"/> / <input type="checkbox"/>
➤ behaviors (4 times as much encouragement for wanted behaviors as redirection for unwanted behaviors).	<input type="checkbox"/> / <input type="checkbox"/>
➤ Talk to your child about what you’re doing. For example, “Mommy is washing your hands with a washcloth.”	<input type="checkbox"/> / <input type="checkbox"/>
➤ Read with your child every day. Have your child turn the pages. Take turns labeling pictures with your child.	<input type="checkbox"/> / <input type="checkbox"/>
➤ Build on what your child says or tries to say, or what he points to. If he points a truck and says “t” or “truck,” say, “Yes, that’s a big, blue truck.”	<input type="checkbox"/> / <input type="checkbox"/>
➤ Give your child crayons and paper, and let your child draw freely. Show your	<input type="checkbox"/> / <input type="checkbox"/>
➤ child how to draw lines up and down and across the page. Praise your child when she tries to copy them	<input type="checkbox"/> / <input type="checkbox"/>

	Yes/No
➤ Play with blocks, shape sorters, and other toys that encourage your child to use his hands.	<input type="checkbox"/> / <input type="checkbox"/>
➤ Ask your child to label body parts or things you see while driving in the car.	<input type="checkbox"/> / <input type="checkbox"/>
➤ Sing songs with actions, like “The Itsy Bitsy Spider” and “Wheels on the Bus.” Help your child do the actions with you.	<input type="checkbox"/> / <input type="checkbox"/>
➤ Give your child pots and pans or a small musical instrument like a drum or cymbals. Encourage your child to make noise.	<input type="checkbox"/> / <input type="checkbox"/>
➤ Provide lots of safe places for your toddler to explore. (Toddler-proof your home. Lock away products for cleaning, laundry, lawn care, and car care. Use a safety gate and lock doors to the outside and the basement.)	<input type="checkbox"/> / <input type="checkbox"/>
➤ Give your child push toys like a wagon or “kiddie push car”.	<input type="checkbox"/> / <input type="checkbox"/>

