

## Toddler Milestones – End of 1<sup>st</sup> Year

### Social and Emotional

- Shy or anxious with strangers
- Cries when mother or father leaves
- Enjoys imitating people in play
- Shows preference for certain people/toys
- Tests parental responses to behavior
- May be fearful in some situations
- Prefers parent and/or regular caregiver over others
- Repeats sounds or gestures for attention
- Finger-feeds himself or herself
- Extends arm or leg to help with being dressed

### Movement

- Reaches sitting position without assistance
- Crawls forward on belly
- Assumes hands and knees position
- Creeps on hands and knees
- Gets from sitting to crawling or prone (lying on stomach) position
- Pulls self up to stand
- Walks holding onto furniture
- Stands momentarily without support
- May walk to or three steps without support

### Hand and Finger Skills

- Uses pincer to grasp
- Bangs two objects together
- Puts object into and takes object out of container
- Lets objects go voluntarily
- Tries to imitate scribbling

### Language

- Pays increasing attention to speech
- Responds to simple verbal requests
- Responds to “no”
- Uses simple gestures
- Babbles with inflection (changes to tone)
- Says “dada” and “mama”
- Tries to imitate words

### Cognitive

- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Finds hidden objects easily
- Looks at correct picture when the image is named
- Begins to use objects correctly (drinking from a cup, brushing hair, dialing phone)