

What's Up? Your Baby's Development



PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE

12-Month Visit

Babies watch their loved ones very carefully and copy a lot of what they see.

12–15 MONTHS: What's Happening?

What Your Baby Can Do

I am moving!

- I may walk on my own or by holding your hand.
- I am learning to crawl up stairs but can't come down yet.
- I can throw a ball and turn pages in books.



I am starting to talk and understand so much more.

- I may use some words like *duhduh* for dog.
- I show you what I want with my actions. I may bang my highchair when I want more food.
- If you ask me to, I can point to a body part or a picture in a book.

What You Can Do

Give your child just enough help to reach their goal. If they want to stand, let them hold your fingers for balance.



Support your child as they practice new skills such as climbing stairs. Children need time to work on these new skills safely.

Encourage your child to turn the pages when you read together.

Talk to your child. They learn new words if they point to or say "bus," and you say, "That's a yellow school bus."

Name the people, places, and things that your child sees each day: "Here is the grocery store, where we buy our food."

Play games that involve following directions: "Throw the ball to me."

As you use the HealthySteps handouts, remember that your child may develop skills faster or slower than noted and still be growing just fine. Every child develops at their own pace. Your HealthySteps Specialist will be available to answer any questions. Your family's cultural beliefs and values are also important factors that shape your child's development.

What's Happening?

What Your Baby Can Do

I want to do more for myself.

- I say “no” or show you in other ways that I want to do things on my own.

I love to imitate.

- I copy what I see other people do, such as stir a pot or talk on the phone.

What You Can Do

Involve your child in self-help tasks such as washing hands.

Follow your child's lead. Let them choose what toys or games to play.

Join in your child's play. If you see them putting a blanket on a toy bear, ask, “Does Teddy need a bottle before bed?”

Give them objects that they see in real life, such as plastic dishes, a toy telephone, a small dust broom.

Other Things to Know and Try

Many parents (43%) believe that children under 2 years old are able to share, when in reality most children begin learning to share and take turns between 3½ and 4 (and even after that, it still takes lots of practice).¹ Encourage your baby to try new things, play with new toys, and attempt a little independence while witnessing and listening to the emotions that may come with this. You may see and hear fear, frustration, and anger. However, you may also see and hear pride, excitement, and joy. You may be having your own feelings too! Your baby's growing abilities may feel scary, or freeing, or both! Tune into where you are first, so you can get steady and support your little one.



At this visit the pediatric team will measure your baby's length, weight, and head. They will listen to your baby's heart and look at their eyes, ears, nose, and mouth. Your baby will get any needed vaccines. We will talk about your baby's development and routines such as sleeping and eating. We will also review safety tips. And, of course, we will make time to discuss any questions or concerns you might have!

1. ZERO TO THREE. (2016, June 6). National Parent Survey Report. Retrieved from: <https://www.zerotothree.org/resources/1425-national-parent-survey-report>