



# — 1 Year Checklist —

*Happy birthday, baby!*

*Help your toddler identify their world with words by mixing language into everything you do. Put words to their gestures and help them identify things in their environment.*

## What's happening at 1 year:

Your little one is listening to everything you say and storing it away at an incredible rate. Instead of using "baby" words, use the correct names for people, places, and things. Speak slowly and clearly, and keep it simple. Provide words for your child's gestures—when they point at the refrigerator ask, "Would you like some juice?" Play games that help your child identify the environment—ask, "Where is Daddy?" or "Can you show me where your nose is?"

## Look for these expected behaviors at 1 year:

- Is shy or nervous with strangers
- Finds hidden things easily
- Cries when mom or dad leaves
- Looks at the right picture or thing when it's named
- Has favorite things and people
- Copies gestures
- Shows fear in some situations
- Starts to use things correctly; for example, drinks from a cup, brushes hair
- Hands you a book when he wants to hear a story
- Bangs two things together
- Repeats sounds or actions to get attention
- Puts things in a container, takes things out of a container
- Puts out arm or leg to help with dressing
- Lets things go without help
- Plays games such as "peek-a-boo" and "pat-a-cake"
- Pokes with index (pointer) finger
- Responds to simple spoken requests
- Follows simple directions like "pick up the toy"
- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Gets to a sitting position without help
- Makes sounds with changes in tone (sounds more like speech)
- Pulls up to stand, walks holding on to furniture ("cruising")
- Says "mama" and "dada" and exclamations like "uh-oh!"
- May take a few steps without holding on
- Tries to say words you say
- May stand alone
- Explores things in different ways, like shaking or throwing

## Talk to your doctor if your child:

- Doesn't respond to loud sounds
- Doesn't watch things as they move
- Doesn't smile at people
- Doesn't bring hands to mouth
- Can't hold head up when pushing up when on tummy