

# DEVELOPMENTAL MILESTONES 10-12 MONTHS OLD



## LANGUAGE

- Responds to simple words and phrases like "Go bye-bye" and "Look at Mommy!"
- Understands "No" (stops or pauses briefly when you say it)
- Reaches for objects (requesting)
- Points, waves, and shows or gives objects
- Says one or two words, like "mama," "dada," "hi," and "bye"

## SPEECH

- Tries to copy sounds that you make
- Babbles using a variety of consonants and vowels
- Uses adult-like intonation so that utterances sound like actual questions or exclamations

## SOCIAL-EMOTIONAL

- Enjoys dancing and listening to music
- Looks when you call their name
- Reacts when you leave (Example: looks, reaches for you, or cries)
- Imitates and initiates gestures for engaging in social interactions and playing games (like blowing kisses or playing peek-a-boo)

## FEEDING/EATING

- Feeds self
- Holds a soft cookie in mouth and bites through it (12 months)
- Eats lumpy, mashed food
- Reaches for a spoon when presented/bangs a spoon
- Imitates stirring with a spoon
- Begins to chew using rotary jaw action

### NOTE

These milestones are meant to be a helpful resource to provide you with a general sense of how most children develop. However, they do not always account for individual differences such as neurodivergence and culture. These lists should be used to identify areas in which a child needs support to navigate their environment with ease and functionality, and not as absolute goalposts.



Milestone information is from ASHA.org (2024), CDC.gov (2024), Crowe, K., & McLeod, S. (2020), and LinguSystems Guide to Communication Milestones (2012th ed.) - curated by Happy Little Speech.