

DEVELOPMENTAL MILESTONES

1-YEAR OLD (13-18 MONTHS)



LANGUAGE

- Responds to *where* questions (Example: looking around when asked “Where is mama?”)
- Follows simple directions such as “Give me the ball” and “Find the dog”
- Understands and uses words for common objects, some actions, and people in their lives
- Identifies one or more body parts
- Points to make requests, to comment, or to get information
- Shakes head for “no” and nods head for “yes”
- Waves “bye-bye”
- Looks at familiar objects when they are named

SPEECH

- Uses a combination of long strings of sounds, syllables, and real words with speech-like inflection

SOCIAL-EMOTIONAL

- Copies other children while playing, like taking toys out of a container when another child does
- Shows you an object they like
- Uses gestures when excited or during play (e.g., clapping, high-five, sticking tongue out, making silly faces)
- Hugs stuffed doll or another toy
- Shows you affection (hugs, cuddles, or kisses you)
- Moves away from you to play/explore, but looks to make sure you are close by

FEEDING/EATING

- Grasps a spoon with a full hand
- Brings a full spoon to mouth, turning spoon over
- Begins to drink through a straw
- Holds a cup with two hands
- Drinks with four or five consecutive swallows

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 *LinguiSystems Guide to Communication Milestones* (2012th ed.) - curated by Happy Little Speech.

