



## Milestones

# 7 to 12 Months

By 7 months, many babies are starting to get in motion. At 8 months, babies are ready to explore their world and many of them have the skills to do it. By the time they're 9 months old, babies have definite personalities. As your baby nears the end of her first year, she's becoming even more mobile. Physical accomplishments can vary from baby to baby and still be within the normal range.

### 7 MONTHS

*Your baby:*

- can find toys that are partially hidden.
- likes to explore with her hands and mouth.
- will struggle to get something that's out of reach.
- will respond to her own name.
- begins to respond to "no."
- babbles chains of consonants.
- uses her voice to express happy and unhappy feelings.
- enjoys social play.
- is interested in images in the mirror.
- responds to other people's emotional expressions.

### 8 TO 9 MONTHS

*Your baby:*

- is fascinated by shapes and textures.
- feels anxious when you leave and shows strong feelings of separation anxiety.
- may be making recognizable sounds such as "mama" or "dada."
- may want to have a familiar toy or blanket to cling to as comfort when you leave.
- can grasp smaller objects and is beginning to feed herself.
- is probably pulling herself to a standing position.

### 10 TO 11 MONTHS

*Your baby:*

- creeps, crawls and moves forward by scooting her bottom.
- likes to shake, bang and throw objects.
- can feed herself finger food.
- can begin to use a cup with help.
- likes to play games such as peek-a-boo and patty cake.

### 12 MONTHS

*Your baby:*

- bangs blocks together.
- has a one- to three-word vocabulary.
- gets to a sitting position without help.
- pulls herself to a standing position and can walk around furniture while holding on.
- may be taking a few tentative steps without holding on.
- looks for dropped or hidden objects.
- waves goodbye.
- can pull toys.
- rolls a ball.
- pulls lids off containers.
- likes music, rhymes and stories.
- cries when Mom or Dad leaves.
- extends her arm or leg to help get dressed.
- likes to repeat sounds or gestures to get attention.
- has preferences for foods and toys.

*Don't worry if your child doesn't fit exactly within these guidelines. Each child develops differently. If you have any concerns about your child's development, ask your doctor.*

