

One Year Old

12-24 months

Language Development

- Demonstrate understanding of familiar words
- Follow one step directions in play
- Demonstrate understanding of "no" by stopping what he is doing some of the time
- Point to body parts when asked
- Use physical movements and gestures to express wants and needs
- Use simple sounds to express thoughts, wants and needs
- Touch or identify pictures in a book when asked
- Become an active reading partner by listening to books for a short period of time
- Touch or identify familiar items when asked
- Find familiar objects not in sight
- Use the same "words" consistently to express wants, needs, and thoughts
- Use animal and other familiar sounds in play

Social/Emotional Development

- Show anxiety when around unfamiliar people
- Demonstrate separation anxiety
- Check in with caregiver while exploring
- Anticipate and follow routines
- Demonstrate a sense of accomplishment
- Understand the connection between own behavior and the reaction of others
- Initiate social interaction with others
- Play side-by-side with others

Motor Development

- Begin to explore textures with hands
- Begin to feed finger foods to self
- Begin to roll and toss objects
- Begin to hold onto a cup with a lid
- Begin to pinch thumb and finger
- Begin to turn pages in sturdy (board) book
- Walk by self
- Begin to feed self with a spoon
- Climb into an adult lap, or on furniture and up and down stairs
- Begin to hold crayon in palm of hand and make dots on paper
- Begin to add and empty objects from containers
- Begin to stack a few large objects
- Walk with one foot in front of the other
- Kick balls short distances
- Begin to remove loose clothing and shoes
- Begin to run, awkwardly, and has difficulty stopping

Cognitive Development

- Gain an understanding of basic concepts such as color, size, and shape
- Discover how objects fit in space
- Use objects as tools to make things happen
- Use people to make things happen
- Show increased short and long-term memory and increased attention
- Use play to explore things that go together
- Anticipate familiar routines
- Use readily available materials as a substitute for actual objects

