

Developmental Milestone Checklist

9-12 Months Old

by: [Help My Baby Learn](#)



helpmybabylearn™

Cognitive

- Uncovers a hidden toy
- Purposefully activates a toy
- Takes rings off a ring stack
- Purposefully takes objects out of a container
- Follows simple commands (i.e. Come to Mommy)

Fine Motor

- Banging 2 toys together
- Picking up small objects using a neat pincer grasp
- Places objects into a container

Gross Motor

- Crawls on hands and knees
- Pulls up to standing
- Stands for longer periods holding onto a steady object
- Lowers from standing to the floor
- Cruises side to side along furniture
- Stands without assistance for approximately 1 second
- Walks with 2 hands held

Language/Communication

- Says “mama” and “dada” nonspecifically
- Shortens of babbling chains to one syllable (from “baba”)
- Babbles with varying pitch

Social

- Exploring the home environment
- Extending toy to show you (but not handing you the toy)
- Tests parents' reactions at mealtime
- Tests parents' reactions at bedtime

Self-Care

- Finger Feeding
- Holds onto a spoon (may only play with it)
- Sleeps 10-12 hours at night - possibly without waking
- Naps 2x/day
- Participates in dressing, extending arms and legs

Additional Notes: