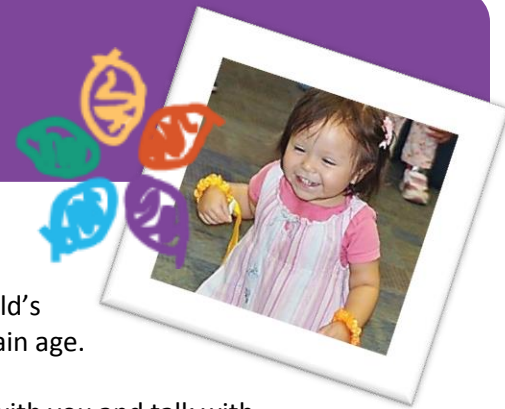


Your Child at 1 Year



CHILD'S NAME _____

CHILD'S AGE _____

TODAY'S DATE _____

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 1st birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next. If you have questions, call Help Me Grow at **888-510-1211** to speak to trained staff who can provide information and support.

What Most Children Do at this Age:

(Check all the things your child does now)

Social/ Emotional

- Is shy or nervous with strangers
- Cries when mom or dad leaves
- Has favorite things and people
- Repeats sounds or actions to get attention
- Puts out arms or leg to help with dressing

Language/Communication

- Responds to simple spoken requests
- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Makes sounds with change in tone (like speech)
- Says "mama" and "dada" and exclamations like "uh-oh!"
- Tries to say words you say

Cognitive (learning, thinking, problem-solving)

- Finds hidden things easily
- Looks at the right picture or thing when it's named
- Starts to use things correctly; for example, drinks from a cup, brushes hair
- Bangs two things together
- Follows simple directions like "pick up the toy"

Movement/Physical Development

- Gets to a sitting position without help
- Pulls up to stand, walks holding on furniture ("cruising")
- May take a few steps without holding on
- May stand alone

Act Early If Your Child:

(Check all the things that are true for your child)

- Doesn't crawl
- Can't stand when supported
- Doesn't search for things that she sees you hide
- Doesn't say single words like "mama" or "dada"
- Doesn't learn gestures like waving or shaking head
- Doesn't point to things
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs.

You can also call Help Me Grow at **888-510-1211**. Trained staff will listen to your concerns and help you get connected to resources for your child's development.

You can also find local resources at

www.alamedakids.org.

Adapted from *Learn the Signs. Act Early*. Centers for Disease Control and Prevention, Department of Health and Human Services. 2014. www.cdc.gov/ActEarly. Adapted from *CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5*, Fifth Edition, edited by Steven Shelov and Tanya Remer Altman © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and *BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS*, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not substitute for a standardized, validated, developmental screening tool.

Learn the Signs. Act Early.