



## DEVELOPMENTAL SKILLS: 1-year-olds

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The second year of life is a like circus as your baby starts to become more independent. New developmental milestones are reached from day to day. It is important to monitor a young toddler's progress in achieving new skills to detect any delays early. Enjoy this second year as your one-year-old grows and achieves more and more in the areas of cognitive, fine motor, gross motor, language, self-care, and social/emotional skills.

### **Cognitive**

- Activates toys
- Finds objects hidden under multiple covers
- Begins to sort by shapes and colors
- Anticipates path of a rolling ball
- Begins make-believe play

### **Gross Motor**

- Carries large toy or several toys while walking
- Begins to run stiffly
- Walks up and down stairs with support
- Climbs into adult-sized chair
- Jumps in place

### **Self-care/Activities of Daily Living**

- Helps with undressing
- Eats entire meal with spoon independently
- Attempts to put on shoes
- Sucks through a straw
- Begins toilet training

### **Fine Motor**

- Holds crayon with fingers
- Builds tower of 4 or more blocks
- Uses a preferred hand
- Inserts simple shapes into a formboard
- Places pellets into a bottle

### **Language**

- Points to body parts on self or a doll
- Follows a two-step command
- Uses simple phrases
- Uses two-word sentences
- Names at least three familiar objects or pictures

### **Social/Emotional**

- Varies play with a toy
- Increasingly excited about company of other children
- Separation anxiety begins to fade
- Picks up and puts away toys upon request
- Imitates domestic activities of adult