

Infant Milestones and Care: By 12 Months

As your baby grows, they will have a lot of “firsts”—their first smile, first laugh, first steps. These are called developmental milestones. And they can help you tell if your baby is healthy and growing up well.

Keep in mind, milestones are not fixed. All babies develop at their own pace. But by knowing the milestones, you can spot a problem early if it arises. Follow this checklist to recognize milestones.

By 12 months of age, most children will do the following: Say “mama” and “dada.” Pause or stop when you say “no.” Look for things you hide, like a toy.

DO: Walk using furniture for support.

DO: Use their thumb and pointer finger to pick things up.

DO NOT: Wait to talk with your child’s healthcare provider if your baby does not do these things. Also note if your baby: Does not play games with you, such as pat-a-cake; Does not wave goodbye; Has trouble drinking from a cup without a lid; Does not put things inside containers, like a toy in a bowl; Does not pull themselves up to stand.

These could be signs of a delay in development. Your child’s healthcare provider can test your baby’s progress.

In most cases, missing a milestone turns out not to be a problem. But being vigilant can help you act on any concerns quickly. Follow this checklist to make sure your baby grows up healthy and happy.