

Developmental Checklist (8-12 Months)

Gross Motor Milestones

- Crawls forward on belly (8-9 mos.)
- Assumes hand and knee position (8-9 mos.)
- Gets to sitting position without assistance (8-10 mos.)
- Pulls self up to standing position at furniture (8-10 mos.)
- Creeps on hands and knees (9 mos.)
- Gets from sitting to crawling or prone (lying on stomach) position (9-10 mos.)
- Walks holding onto furniture (10-13 mos.)
- Stands momentarily without support (11-13 mos.)
- May walk two or three steps without support (11-13 mos.)

Fine Motor Milestones

- Uses pincer grasp (grasp using thumb and index finger) (7-10 mos.)
- Bangs two one-inch cubes together (8-12 mos.)
- Pokes with index finger (9-12 mos.)
- Puts objects into container (10-12 mos.)
- Takes objects out of container (10-12 mos.)
- Tries to imitate scribbling (10-12 mos.)

Cognitive Milestones

- Looks at correct picture when image is named (8-9 mos.)
- Explores objects in many different ways (shaking, banging, throwing, dropping) (8-10 mos.)
- Enjoys looking at pictures in books (9-12 mos.)
- Imitates gestures (9-12 mos.)
- Engages in simple games of Peek-a-Boo, Pat-a-Cake, or rolling ball to another (9-12 mos.)
- Finds hidden objects easily (10-12 mos.)

Language Milestones

- Babbles “dada” and “mama” (7-8 mos.)
- Babbles with inflection (7-9 mos.)
- Says “dada” and “mama” for specific person (8-10mos.)
- Responds to “no” by briefly stopping activity and noticing adult (9-12 mos.)
- Responds to simple verbal requests, such as “Give me” (9-14 mos.)
- Makes simple gestures such as shaking head for “no” (12 mos.)
- Uses exclamations such as “oh-oh” (12 mos.)

Self-Help Milestones

- Finger-feeds himself (8-12 mos.)
- Extends arm or leg to help when being dressed (9-12 mos.)
- May hold spoon when feeding (9-12 mos.)

Social Emotional Milestones

- Shy or anxious with strangers (8-12 mos.)
- Cries when mother or father leaves (8-12 mos.)
- Enjoys imitating people in his play (10-12 mos.)
- Shows specific preferences for certain people and toys (8-12 mos.)
- Prefers mother and/or regular care provider over all others (8-12 mos.)
- Repeats sounds or gestures for attention (10-12 mos.)
- May test parents at bedtime (9-12 mos.)