

Age 1 Year - Developmental Milestones

At one year of age, most children are experts in cruising and may even take steps alone. Children are typically quite interactive with the environment and can play games like peek-a-boo and also make simple gestures like waving bye-bye. Additionally, at one year of age, most children can say a few words like “mama” and “dada”. They usually have mature pincer grasps and can pick up food and feed themselves. At one year of age, children’s birth weight has typically tripled and their birth height increases by 50%. These growth parameters can be used to evaluate if the child is growing appropriately.



PLAY PICMONIC

Gross Motor

Stands Well

Standing tall

At one year old, a baby should be able to stand alone well as an important motor milestone.

First Steps

Foot Steps

A baby typically takes their first steps anytime between nine months and one year.

Throws Ball

Thrown Ball

As part of their motor development, many toddlers will be able to throw a ball by one year old.

Points to Objects

Pointing

At one year, a toddler should be able to point to objects as a form of communication, such as calling attention to something, or to show what they want.

Babinski Reflex Disappears

Baby-ski Disappearing

The Babinski reflex, also known as the plantar reflex, is present at birth, but disappears by one year of age. The Babinski reflex is stimulated by stroking the sole of the foot. When this occurs, the infant’s big toe should move upward, and the other toes should fan out.

Fine Motor

Two-Finger Pincer Grasp

(2) Tutu Pincer-crab Grasp

By ten months of age, a two-finger pincer grasp should appear in children, where they use the thumb and first finger to pick up and put down small objects.

Language

"Mama & Dada"

["Mama & Dada" Speech-bubble](#)

Babies can start to imitate speech sounds such as "mama" and "dada" from as early as six months, and usually by one year, they can say "mama" and "dada" well.

Social / Cognitive

One-Step Commands with Gesture

[\(1\) Wand Commander Gesturing](#)

By the time a child is one year old, they should be able to understand simple requests and follow one-step commands with a gesture, such as pointing to an object and instructing the toddler to pick it up.