Age 1 Year - Developmental Milestones

By age one, children reach key milestones in motor, language, and cognitive skills. They can pull up to stand and take supported steps, showing growing mobility. Fine motor skills develop as they learn to drink from an open cup with help and use a pincer grasp to pick up small objects. Language skills emerge with responses to simple commands like "no," waving "bye-bye," and saying "mama" and "dada." Cognitively, they engage in interactive games, place objects in containers, and search for hidden toys, highlighting curiosity and awareness.



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Gross Motor

Pulls Up to Stand
Pulling Up to Stand
By age one, gross motor skills have developed enough to pull up to stand. Therefore, children at this age are able to stand by pulling up.

First Steps
Footsteps
A baby typically takes their first steps anytime between nine months and one year. By the age of one year, they should be able to walk while holding onto furniture.

Fine Motor

Drinks From an Open Cup with Assistance
Drinking From Open Cup with Help
By age one, children are able to drink from an open cup with assistance.

Two-Finger Pincer Grasp
(2) Tutu Pincer-crab Grasp
By the age of one year, children should develop a two-finger pincer grasp, using the thumb and index finger to pick up and manipulate small objects, such as small bits of food.

Language/Communication

Understands “No”
Understands “No”
By age one, language and communication skills develop enough that a child can understand "NO."

Waves "Bye-Bye"
Waves "Bye-Bye"
Also in language and communication development, children at one year of age can say goodbye to others by waving "bye-bye."

"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

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Plays Pat-A-Cake

Patting-A-Cake

By the age of one, children are able to play pat-a-cake with others.

Puts Block in Cup

Puts Block in Cup

Children have achieved enough cognitive development by age one to understand how to put an object in a container, like putting a block in a cup.

Searches for Hidden Toys

Searching for Hidden Toys

Another cognitive development in one-year-old children is the ability to look for objects they've seen someone hide, such as searching for hidden toys.

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