



10-12 month Milestones Checklist

	Yes	No
Motor		
Releases objects into a container with a large opening		
Uses thumb and pointer finger to pick up tiny objects		
Pulls to stand and cruises along furniture		
Moves in and out of various positions to explore environment and get desired toy		
Maintains balance in sitting when throwing objects		
Claps hands		
Stands alone and takes several steps while holding on		
Sensory		
Enjoys listening to songs		
Explores toys with fingers and mouth		
Crawls to or away from objects baby sees in the distance		
Communication		
Meaningfully uses "mama" or "dada"		
Imitates speech sounds		
Babbling has sounds and rhythms of speech		
Responds to "no"		
Responds to simple directions, eg. "come here"		
Pays attention to where you are looking and pointing		
Produces long string of gibberish in social communication		
Says one or two words consistently		
Begins using hand movements to communicate wants/needs (reach to be picked up)		
Feeding		
Finger feeds self		
Eating an increased variety of foods		
Begins to use as open cup		
Enjoys a greater variety of smells and tastes		
Chews using *emerging* rotary jaw action (not just chomping up and down)		