

Child Development Birth to 1 Year Old

BY THE AGE OF 1 YEAR, A CHILD SHOULD.....

Fine Motor:

- Remove objects from a container by dumping them
- Remove rings from a ring stacker
- Place objects in a container (such as putting blocks into a large cup)
- Use thumb and index finger to pick up something small, like a cheerio

Gross Motor:

- Use some form of locomotion to obtain toys, such as crawling, cruising, or walking
- Pull to stand
- Sit unsupported without using hands to prop self up for at least 10 minutes
- Be able to move from one position to another without help. For example, goes from lying down to sitting, from sitting to on hands and knees, etc.

Self-Help:

- “Help” when getting dressed by pushing arms and legs into clothing
- Feed self with fingers
- Drink independently from bottle or sippy cup; drinks from open cup with parent help.

Social/Play Skills:

- Play with a single toy for at least 2-3 minutes
- Make eye contact with adults and plays games such as peek-a-boo
- Wave or responds to bye-bye
- Extend a toy to an adult as if to see “look at this!”

If you have concerns about your child’s development in any of these areas, he/she may benefit from an Occupational Therapy evaluation.