

## I am 12 months old

### **My development - *Learn the Signs. Act Early.***

(what most children do at this age)

#### **Social/Emotional Milestones**

- Plays games with you, like pat-a-cake

#### **Language/Communication Milestones**

- Waves “bye-bye”
- Calls a parent “muma” or “dada” or another special name
- Understands “no” (pauses briefly or stops when you say it)

#### **Cognitive Milestones (learning, thinking, problem-solving)**

- Puts something in a container, like a block in a cup
- Looks for things they see you hide, like a toy under a blanket

#### **Movement/Physical Development Milestones**

- Pulls up to stand
- Walks, holding on to furniture
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger, like small bits of food

## **Act Early** by talking to your child's doctor or child and family health nurse if your child:

- doesn't crawl
- can't stand when supported
- doesn't search for things that they/them sees you hide
- doesn't say single words like "mama" or "dada"
- doesn't learn gestures like waving or shaking head
- doesn't point to things
- loses skills they/them once had.

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For more ideas on spending time with me go to *Love, talk, sing, read, play* [www.lovetalksingreadplay.com.au](http://www.lovetalksingreadplay.com.au). A resource provided by Resourcing Parents.

Language adapted for Australian English by NSW Ministry of Health. Original content provided by the U.S. Centers for Disease Control and Prevention's *Learn the Signs. Act Early.* Program ([www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly); February 2022).

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For more great ideas on how to support my development, download the Bright Tomorrows app <https://www.brighttomorrows.org.au/>

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## **Thinking about early childhood education and care?**

Choosing an early childhood education and care service is one of the most important decisions you will make for your child. Early childhood education and care services provide a place where children make friends, develop independence, improve their cognitive skills and learn more about their world.

Early childhood education and care services are regulated by the NSW Department of Education under the National Quality Framework. Services are assessed and rated against the National Quality Standard. Services are required to display their quality rating, providing families with important information about the service's strengths and areas for improvement.

More information for parents about early childhood education and care services can be found on the Department of Education website at [education.nsw.gov.au/early-education](http://education.nsw.gov.au/early-education)