

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

Other important things to share with your Child and Family Health Nurse or GP

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills they once had?
- Does your baby have any healthcare needs or were they born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills they once had, or you have other concerns, act early. Talk with your Child and Family Health nurse or GP, share your concerns, and ask about developmental screening.

Download the Love, Talk, Sing, Read, Play app for ideas to spending time with your child. Available on Android and iPhone.

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; February 2022).

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

Additional questions for parents/carers

Answer these questions before you visit your nurse or doctor for the 12 month health check.

I have completed the health risk factor questions on page 22	No Yes
I have completed the dental risk factor questions on page 84	No Yes
I am concerned about my child's hearing	Yes No
Others have said they are concerned about my child's hearing	Yes No
I am concerned about my child's vision	Yes No
My child has a turned or lazy eye (squint or strabismus)	Yes No
My child has difficulty seeing small objects	Yes No
My child recognises familiar objects and people from a distance	No Yes
My child is exposed to smoking and/or vaping in the home/car	Yes No
My child has teeth	No Yes
My child has had problems with their teeth or teething	Yes No
My child uses a bottle to help them go to sleep	Yes No
My child walks around with a bottle or feeder cup between meals	Yes No
I brush my child's teeth twice a day	No Yes

If you circled any answer in the first column, please tell your doctor or child and family health nurse.

Health professional to complete:	Normal	Review	Refer
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My personal health record

Feeding

Yes

No

Since this time yesterday, did your child receive breast milk?

Since this time yesterday, did your child receive solid food?

Current recommendations are that babies receive only breast milk until about 6 months of age (may receive vitamins, mineral supplements or medicine) and continue breastfeeding (while receiving appropriate complementary foods) until 12 months of age or beyond.

NHMRC Infant Feeding Guidelines: Information for Health Workers (2012).