

# Fine Motor Development 9-12 Months

## Fine Motor Milestones

- Feeding themselves using their fingers
- Throwing a small ball
- Turning pages in a book and operating simple toys
- Using tips of fingers to pick up small objects
- Picking up a thin object with thumb and fingers

### What is important during this age?

Your baby will start to be able to pick up small objects using the tips of their fingers. They will no longer need to rest their arms on a table to be steady enough to pick up small objects.

### What can you do to support fine motor development?

Your baby will be getting better at feeding themselves soft finger-foods during this time. Offer your baby the opportunity to play with toys that require simple hand-eye coordination. Examples include toys that require a button or wheel to be pushed or turned. Let your baby practice turning pages in their books and using other toys and objects to practice using their hands and fingers.

# Gross Motor Development

## 9-12 Months

### Milestones

- Sitting without help
- Crawling forward
- Getting up on hands and knees
- Moves from sitting to crawling
- Cruising while holding onto furniture
- Lowering themselves to sitting
- Standing and reaching for a toy with one hand while supporting themselves with the other

### What is important during this age?

Your baby is working on strengthening the muscles and coordination needed to begin walking. They will gain more control over their movements and become quicker at getting at moving from one place to another.

### What can you do to support motor development?

Place toys on the floor as well as up on the couch or other sturdy furniture. Your baby will practice crawling, pulling themselves up to standing and reaching. These skills take strength, balance, and coordination. The more practice your baby gets, the more control and confidence they will gain.

Praise your baby when they reach a toy and then encourage them to walk alongside furniture in order to reach you or their favorite toy. Have them practice bending down to reach a toy off of the floor while still standing and holding on to you or furniture for balance.

# Social & Emotional Development

## 9-12 Months

### Milestones

- Seeks comfort
- Imitates others
- Displays variety of emotions
- Likes to be near caregivers
- Likes to make others laugh
- Gives hugs and kisses
- Gets upset when something is wrong
- Points at things they want

### What is important during this age?

Your child is now showing a variety of emotions. You may notice they imitate the emotions and response of others, especially other children or siblings.

### What can you do?

Respond and celebrate behaviors you want your child to continue. Clap when they accomplish something. Comfort them when they are upset. Support continued communication by narrating your day, label the things they point at, and repeat words they say such as mama or dada. Play nursery games like peek a boo, singing songs, and reading books with rhymes.

# Self-Help Skills

## 9-12 Months

### Milestones

- Increasing coordination needed for reaching toys, and objects independently
- Cruising furniture
- Reaching, stooping, and pulling themselves up
- Taking a few steps
- Walking independently
- Eating a variety of foods and textures
- Teach your child good oral hygiene habits by brushing their teeth twice a day with a very small smear (Grain of rice size) of fluoride toothpaste

### What is important during this age?

Your child is starting to develop the appearance of a toddler and is beginning to have the strength and coordination needed to reach and access objects they are interested in. Nutrition, including healthy fats, is an important part of supporting this growth and development.

### Sample One-Day Menu for Your One-Year-Old

This menu is planned for a one-year-old child who weighs approximately 21 pounds (9.5 kg).

1 teaspoon = 1/3 tablespoon = 5 ml

1 tablespoon = 1/2 ounce = 15 ml

1 cup = 8 ounces = 240 ml

1 ounce = 30 ml

#### BREAKFAST

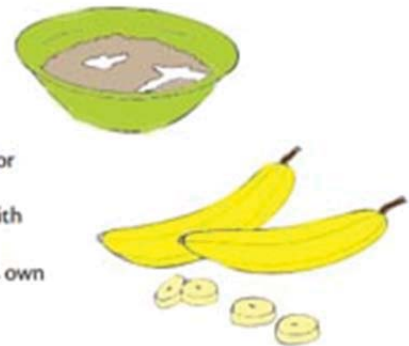
1/2 cup iron-fortified breakfast cereal or 1 cooked egg

1/4-1/2 cup whole or 2 percent milk (with cereal or without)

Fruit can be added to cereal or on its own

1/2 banana, sliced

2-3 large sliced strawberries



#### SNACK

1 slice toast or whole-wheat muffin with 1-2 tablespoons cream cheese or peanut butter, or yogurt with cut-up fruit

1/2 cup whole or 2 percent milk

#### LUNCH

1/2 sandwich sliced turkey or chicken, tuna, egg salad, or peanut butter

1/2 cup cooked green vegetables

1/2 cup whole or 2 percent milk



#### SNACK

1-2 ounces cubed or string cheese, or 2-3 tablespoons fruit or berries

1 cup whole or 2 percent milk

#### DINNER

2-3 ounces cooked meat, ground or diced

1/2 cup cooked yellow or orange vegetables

1/2 cup whole-grain pasta, rice, or potato

1/2 cup whole or 2 percent milk



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# Speech and Language Development

## 9-12 Months

### Language Milestones

#### 9-12 Months

- Says words such as “mama,” “dada,” “uh-oh”
- Uses gestures including pointing to express needs
- Points at things they want or are interested in
- Grunts and uses other noises to communicate

#### What is important during this age?

Your toddler is learning how to use language to communicate the things they want and need. They will integrate sounds and gestures to help express themselves.

#### What can you do to support language development?

Continue to talk with your toddler throughout the day. Talking, reading, singing and interacting with your toddler will help to build language skills. Songs and rhymes are great ways to capture your child’s interest with rhythm and rhymes. Point and label pictures in books. Also use words to express what your child is gesturing such as “Do you want out of your chair?” or “You are all done.”