

Development at 12 months

HAPPY 1ST BIRTHDAY!



The Barnet Health Visiting service would like to wish your child a 'happy 1st birthday' and share with you some helpful tips on your child's next stage of development as well as list some resources which you may find useful.

DEVELOPMENT MILESTONES

All children develop differently and it's important not to compare, but here are some ideas of the things you should be noticing your child doing...

PHYSICAL

- Sit well and get into sitting position alone
- Pull to stand from sitting position and can sit down again
- Walk around furniture
- Crawl or bottom shuffle
- May stand alone
- Be able to pick up a piece of string with their first finger and thumb
- Put down a small toy without dropping it
- Throw a small ball
- Help turn pages on a book



COMMUNICATION & LANGUAGE

- Point at objects
- Respond to own name
- When dressing, will hold out arm or foot to help
- Make meaningful sounds e.g. Mamma, Dadda
- Follow a simple command
- Look for a familiar object



PROBLEM SOLVING

- Bang two toys together
- Poke at items to explore them
- Find a toy under a cloth after watching you hide it
- Drop small toys into a container
- Scribble back and forward on a paper with a crayon



SOCIAL

- Be able to offer a toy when you hold out your hand
- Let go of a toy into your hand
- Roll or throw a ball back to you
- Play with a doll or soft toy by hugging it



USEFUL LINKS TO AID YOUR CHILD'S HEALTH AND DEVELOPMENT CAN BE FOUND VIA THE BELOW LINKS:

DEVELOPMENT

- [Chapter 4 - A guide to your child's growth and development 104-123 Birth to five 2021](#)

COMMUNICATION & LANGUAGE

- [Look, Say, Sing, Play - Brain-building tips | NSPCC](#)
- [Learning to talk 1 to 2 years](#)
- [Library services](#)
- [Bilingual babies and speaking multiple languages](#)

HEALTHY EATING

- [Eating well: infants and new mums](#)
- [Weaning and feeding: what to feed young children](#)

VITAMIN SUPPLEMENTS

The government recommends all children aged 6 months to 5 years are given vitamin supplements containing vitamins A, C and D every day

- [Vitamins for children](#)

ORAL HEALTH

Tooth brushing is important throughout life. Early introduction to the habit of tooth brushing is important, therefore we encourage you as parents to brush your children's teeth as soon as a tooth appears. For all children aged 0 - 3 years, It is good practice to use only a smear of fluoridated toothpaste twice daily last thing at night and on one other occasion.

Brushing at bedtime ensures the fluoride continues working while your child is asleep and when saliva flow decreases.

- [Top tips for parents: children's teeth](#)
- [Looking after your baby's teeth](#)
- [How to find an NHS dentist](#)

SAFETY AND MANAGEMENT OF MINOR ILLNESSES

As your child grows and develops, they are many different risks within your home and lots of adventures to be had so think ahead and be prepared. The websites below provide useful information on safety both inside and outside the home.

- [Ages and stages](#)
- [Baby and toddler safety](#)
- [Swimming safety information](#)

[View your minor illness leaflet here.](#)

SLEEP

It's important to start good habits around falling to sleep and staying asleep as a toddler. The following websites have useful information:

- [How much sleep do children need?](#)
- [The Lullaby Trust - Safer sleep for babies, Support for families](#)

PLAY GROUPS

As your child may now start to interact with others, taking them to a baby and toddler group is good for their language and physical development and may help you to meet other parents.

[Find your nearest children centre here.](#)



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