

WHAT I CAN DO...

- Finger feed myself crackers and dry cereal
- Hold and play with a spoon at mealtimes; I do not yet bring a spoon to my mouth
- Begin to say “mama” and “dada” to specifically mean my mother and father
- Understand simple directions and what “no” means
- Babble single-consonant sounds (ba)
- Babble to myself when I play alone
- Crawl well
- Sleep for 12-14 hours a night, with fewer daytime naps
- Cooperate with dressing by extending my arms and legs
- Move my body when I hear music
- Cry when you leave
- Hand toys or books to you so we can play together
- Test your reactions during feeding and bedtime
- Pull to stand and “cruise” along furniture
- Remove pieces from puzzles and ring stacks

9 - 12 MONTHS

HOW YOU CAN HELP ME...

- Ensure the environment is safe for me to freely explore
- Give me hugs, kisses, and praise for good behavior
- Read books with me
- Label and identify objects and actions throughout the day so I can learn new words and phrases
- Set limits and discipline me when needed; use distraction, taking an object away, or trading for a more appropriate object works well
- Take me for walks outdoors and to the park
- Play with me in the grass and let me explore new sensory experiences
- Let me play with appropriate toys such as balls, blocks, and stacking/nesting cups

WHEN TO TALK TO MY DOCTOR...

- I am not yet crawling or am struggling to stand when supported by an adult
- I am not pointing at people or objects that interest me
- I do not imitate any gestures like shaking my head or waving
- I do not babble
- I have trouble picking up toys
- I have trouble transitioning to solid foods