

SPEECH, SWALLOWING, & VOICE SPECIALISTS OF HAWAII

***** (Mobile DSS, LLC) *****

7 to 12 MONTHS MILESTONES

SPEECH & LANGUAGE MILESTONES	YES	NO
Turns & looks in direction of sounds		
Looks when you point		
Turns to own name when you call		
Recognizes words for familiar objects and people		
Begins to respond to simple words & phrases, such as "No", & "Come here."		
Plays games with you such as peek-a-boo & pat-a-cake		
Listens to songs & stories for a short time		
Babbles long strings of sounds, like <i>mimi upup babababa</i>		
Uses sounds & gestures to get and keep attention		
Points to objects & shows them to others		
Uses gestures like waving bye, reaching for "up", and shaking his/her head no		
Imitates different speech sounds		
Says 1 or 2 words, like <i>hi, dog, dada, mama, or uh-oh</i> . Happens around the first birthday, but sounds may not be clear.		
FEEDING/SWALLOWING MILESTONES	YES	NO
(7-9 Months)		
In a highchair, holds & drinks from bottle (both hands on bottle)		
Spoon feeding for puree		
Attempts to self-feed by hand or spoon		
Begins to eat thicker pureed and mashed/lumpy table foods		
Enjoys chew toys that can massage sore and swollen gums during teething		
Stays full longer after eating		
Starts to look and reach for objects such as food that is nearby		
Shows strong reaction to new smells and tastes		
Preference for parents to feed		
Vertical (up & down) munching of easily dissolvable solids		
Finger feeding introduced		

If you have concerns about your child, please call/email today to schedule your free 15-minute telephone consultation. We are here to help!

Phone: 808-207-8100

Email: terry@mobiledss.com

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FEEDING/SWALLOWING MILESTONES (continued)	YES	NO
<i>(7-9 Months continued)</i>		
Can move food from side to side with introduction of lumpy solids		
May start to point to foods he/she likes		
Can drink from a straw		
Minimal to no leakage (loss) of food from mouth		
<i>(10-12 Months)</i>		
Finger feeds self		
Eating an increasing variety of food		
Begins to use an open cup for drinking		
Ready to try soft-cooked vegetables, soft fruits, and finger foods (i.e.; banana slices, cooked pasta)		
Might be ready to start self-feeding with utensils		
Enjoys a greater variety of smells and tastes		
Chewing includes a rotary (circular) jaw action		
Should be eating 3 meals a day plus several healthy snacks		
Can bite into harder foods as teeth erupt		
Can use upper teeth to clean food off lower lip		
Easily takes food off spoon with lips		
Cup drinking more than bottle drinking		
SOCIAL/EMOTIONAL/COGNITIVE MILESTONES	YES	NO
<i>(7-9 Months)</i>		
May be afraid of strangers		
May be clingy with familiar adults		
Has favorite toys		
Interested in colorful objects		
Has an established and reliable sleeping schedule		
Watches the path of something as it falls		

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SOCIAL/EMOTIONAL/COGNITIVE MILESTONES (continued)	YES	NO
<i>(7-9 Months continued)</i>		
Looks for things he/she sees you hide		
Plays pat-a-cake or peek-a-boo		
Waves "bye-bye", Gives "high five"		
Puts things in mouth		
Moves things smoothly from one hand to the other		
Picks up things like cereal between thumb and index finger		
<i>(10-12 Months)</i>		
Is shy or nervous with strangers		
Cries when mom or dad leaves		
Has favorite things and people		
Shows fears in some situations		
Hands you a book when wanting to hear a story		
Repeats sounds or actions to get attention		
Puts out arm or leg to help with dressing		
Plays games such as peek-a-boo or pat-a-cake		
Able to enjoy a wide variety of touch, noise, and smells		
Can usually participate in dressing and not get upset		
Points to things		
Explores things in different ways, like shaking, banging, throwing		
Finds hidden things easily		
Looks at the right picture or thing when it's named		
Copies gestures		
Starts to use things correctly (i.e.: drinks from a cup, brushes hair)		
Bangs two things together		
Puts things in a container, takes things out of a container		
Lets things go without help		
Pokes with index finger		

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SOCIAL/EMOTIONAL/COGNITIVE MILESTONES <i>(continued)</i>	YES	NO
<i>(10-12 Months continued)</i>		
Follows simple directions like, "Pick up the toy"		
MOTOR & SENSORY MILESTONES		
Sits independently for short times without support		
Sits & reaches for toys without falling		
Moves from tummy or back into sitting		
Starts to move with alternate leg & arm movement (i.e.; creeping, crawling)		
Crawling		
Picks up head and pushes elbows during tummy time		
Turns head to visually track objects while sitting		
Shows more control while rolling and sitting		
Picks up small objects with thumbs and fingers		
In simple play, imitates others		
Pulls to stand		
Stands, holding on		
Explores and examines an object using both hands and mouth		
Turns several pages of a chunky (board) book at once		
Experiments with the amount of force needed to pick up different objects		
Focuses on objects near and far		
Investigates shapes, sizes, and textures of toys and surroundings		
Observes environment from a variety of positions, while lying on back or tummy, sitting, crawling, and standing with assistance		
Enjoys moving to explore the environment when placed on the floor		
Enjoys a variety of movements, bouncing up and down, rocking back and forth		

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MOTOR & SENSORY MILESTONES (continued)	YES	NO
<i>(Closer to 10-12 Months)</i>		
Releases objects into a container with a large opening		
Uses thumb and pointer finger to pick up tiny objects		
Gets into sitting position without help		
Pulls to stand and cruises along furniture		
May stand alone		
May take a few steps without holding on (1 st steps typically around 12 months)		
Moves in & out of various positions to explore environment and get desired toys		
Maintains balance in sitting when throwing objects		
Claps hands		
Assisting with spoon		
Enjoys playing/banging musical instruments		
Explores toys with fingers and mouth		
Crawls to or away from objects baby sees in the distance		
Cries and notices when hurt		
Usually able to calm self to fall asleep		
Enjoys listening to songs		

References:

1. Arvedson JC, Brodsky L. *Pediatric Swallowing and Feeding: Assessment and Management*, 2nd ed. Albany, NY: Singular Thomson Learning 2002.
2. ASHA: www.asha.org/public/speech/development/chart/
3. CDC: www.cdc.gov/ncbddd/actearly/milestones/index.html
4. Infant and Toddler Forum: www.infantandtoddlerforum.org
5. Pathways: www.pathways.org

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