

7 - 12 Months

By the age of one, baby is learning more about her world and may even have an opinion about things she likes or dislikes. She is beginning to get around by crawling, walking by holding onto furniture or perhaps even on her own with no support. She is curious to learn about the things around her and can now actively explore. Baby can now understand simple language and words like “no,” “bye,” or “shoes.”

Baby will:

- **Begin to intentionally tell her caregivers what she wants.**
Baby will make gestures or point at objects that she wants. She will begin to put her arms out or up when she wants to be picked up. She will begin to babble more and may even say a couple of words to interact and communicate.
- **Begin to miss her caregivers when they are not around.**
When her caregivers leave the room baby will notice, become upset and may begin to cry. She misses her caregivers when they're not there and looks for them.
- **Begin to seek comfort from her caregivers.**
When baby gets upset or hurt she will want and need to be comforted by her caregivers. It is important to respond to baby's distress by comforting her. Comfort her and give her words to help her label her feelings.
- **Show her caregivers her emotions.**
When baby gets scared she will want to be near her caregivers and maybe cling to them. When she gets mad she might make a frustrated face. Or when she feels shy she may hide behind them or try to cover her face.
- **Begin to show affection towards her caregivers.**
Baby will want to be hugged and kissed and in return she will hug and kiss her caregivers back. She will begin to understand the words “hug” and “kiss” and do these things spontaneously.
- **Develop a sense of herself as a separate person with her own likes and dislikes.**
Baby is starting to have dislikes and likes about her experiences, her toys and the people around her. She will let her caregivers know what she enjoys doing and being around, and what she does not like to do.