

Your One-Year-Old

Children's wellness is often measured by milestones: What can they do and when can they do it? Wellness visits are regular opportunities for these check-ins—they're a great time to ask questions and raise concerns about your child's growth and development! **All children grow and develop at their own pace. Here's what you may be noticing at age 1.**

Physical growth:

- Many one-year-olds have tripled their birth weight. Learn about height and weight milestones at www.cdc.gov/growthcharts.
- Still have a "baby" look. Your child's head is large in proportion to the rest of the body. Their tummy sticks out, which can add to an overall "chubby" appearance.
- Get a few teeth. Usually, the first are the two front upper and lower teeth.



Cognitive development (learning, thinking, problem-solving):

- Can put something in a container, like putting a block in a cup.
- Look for things that they see you hide, like a teddy bear under a blanket.

Emotional and social development:

- Like to play games with you, like patty-cake.

Language and communication development:

- Wave "bye-bye."
- Call parents "mama" or "dada" or another special name.
- Understand the word "no," pausing briefly or stopping when you say it.

Movement and physical development:

- Pull up to a standing position by holding on to furniture or other solid objects.
- Walk while holding on to furniture or other solid objects.
- Grasp objects, such as a piece of cereal, with their thumb and second finger.



Meet Rudy, a one-year-old monster Muppet!



Read Monster Moments and watch a little Muppet grow!