



Checklist for a 1 year old

Fine Motor Skills:

1. Grasping objects: At around 1 year, a child can typically pick up small objects using a pincer grasp (thumb and forefinger).
2. Releasing objects: They can release objects deliberately into a container or onto a table.
3. Finger feeding: They are able to feed themselves finger foods using their thumb and forefinger.
4. Scribbling: They may start making marks on paper with crayons or markers, although the marks may be random and not purposeful. They will use whole hand, palmer grasp using either hand.

Gross Motor Skills:

1. Sitting without support.
2. Crawling and cruising: They may be crawling on all fours or using other methods to move around, such as bottom shuffling. They may also start cruising along furniture or holding onto support while walking.
3. Standing independently: Some children may be able to stand unsupported for short periods of time.
4. Walking with assistance: They may take a few steps while holding onto furniture or with the support of an adult.
5. Ball skills: They will be able to roll a ball and go after a ball that is rolled. Throwing skills are not yet developed.

Activities of daily living skills:

Dressing Skills:

1. Pulling off socks: A 1-year-old may be able to pull off their own socks with some assistance or guidance.
2. Participating in dressing: They may begin to show interest in helping with dressing by extending their arms or legs to put on clothes. They may also start to explore zippers, buttons, or snaps but may not have the dexterity to manipulate them independently.

Feeding Skills:



1. Self-feeding with fingers: A 1-year-old can start to use their fingers to pick up and self-feed small, soft foods, such as small pieces of fruit or cooked vegetables.
2. Holding a spoon: They may be able to hold a spoon with some assistance, but they may still need help with scooping food and bringing it to their mouths.
3. Using a cup: A 1-year-old can begin to learn how to hold and drink from a sippy cup or a small, child-friendly cup with handles. They may need assistance to prevent spills.
4. Developing chewing skills: As they continue to explore a wider variety of textures and consistencies, they will gradually develop their chewing skills and ability to handle different types of foods.

Visual Perception:

1. Object permanence: At 1 year, children typically understand that objects continue to exist even when they are out of sight.
2. Tracking objects: They can visually track moving objects with their eyes.
3. Exploring their environment: They are curious about their surroundings and enjoy looking at and exploring objects in their environment.

Language:

1. Babbling: By 1 year, children may use a variety of consonant and vowel sounds in their babbling, such as "mama" or "dada."
2. Understanding simple words: They can comprehend simple commands or familiar words like "no," "bye-bye," or their name.
3. Gesturing: They may use gestures, such as pointing, waving, or clapping, to communicate their needs or wants.
4. First words: Some children may say their first true words around 1 year of age, such as "mama," "dada," or other simple words.

It's important to note that every child develops at their own pace, and there can be individual variations in reaching these milestones. If you have any concerns about your child's development, it's best to consult with a pediatrician or a developmental specialist.

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