


**12 Months**

Skill Area	What to Expect	What You Can Do...
<i>Self-Care</i>	<p>Reliant on parent/caregiver for all aspects of self-care but is beginning to develop some independence with feeding, for example:</p> <ul style="list-style-type: none"> <li>• Can hold their bottle or a biscuit</li> <li>• May begin to self-feed with hands</li> <li>• Can grasp a spoon in palm but will have poor aim of food</li> </ul> <p>12-Month-olds may also begin to exhibit increasing understanding of the self-care routines, e.g. changing nappy when having been to toilet.</p>	<ul style="list-style-type: none"> <li>• Express wonder and interest within their environments</li> <li>• Continue to engage in increasingly complex motor skills and activities</li> <li>• Acknowledge achievements through positivity</li> <li>• Encourage them to complete small self-care steps with limited assistance – e.g. getting out nappies for you, holding their bottle, feeding etc.</li> </ul>
<i>Play/Social Skills</i>	<ul style="list-style-type: none"> <li>• Definite discomfort of strangers</li> <li>• Actively seeking out to be next to parent or principal caregiver</li> <li>• Response to name</li> <li>• Interest in sound-making toys and music</li> <li>• Increasingly enjoying picture books</li> <li>• May offer a toy to an adult or other child but will not release it</li> <li>• Beginning to show signs of empathy</li> <li>• Beginning to self-sooth when upset</li> <li>• Beginning to actively explore and play</li> </ul>	<ul style="list-style-type: none"> <li>• When experiencing ‘meltdowns’ or heightened emotions, acknowledge their stage and support them through it to develop resilience</li> <li>• Provide resources or toys that offer a challenge or surprises and support their investigation of these in a positive way</li> </ul>
<i>Fine Motor Skills (hands/fingers)</i>	<ul style="list-style-type: none"> <li>• Transfers objects between hands</li> <li>• Successfully reaching out to grasp a toy</li> <li>• Picks up and pokes small objects with thumb and finger</li> <li>• Can turn pages of a book</li> <li>• Can imitate hand clapping</li> </ul>	
<i>Gross Motor Skills (arm/legs)</i>	<ul style="list-style-type: none"> <li>• Pulls self to standing</li> <li>• Raises self to a sitting position</li> <li>• May stand alone</li> <li>• Mature crawling – may attempt to begin crawling up steps</li> <li>• Some may take two steps without support – frequent falling</li> <li>• Ball play – rolling ball and then crawling to retrieve</li> </ul>	

Roll, K. & Roll, W. (2013). *The REAL: Roll Evaluation of Activities of Life*.  
Aus. Govt. (2015). *Developmental milestones and the EYLF/NQS*.

