

# MILEMARKERS

## 9-12 months old

*How is your child doing?*

Please check “Y” for YES (if your child can complete that activity independently) or “N” for NO (if your child still needs help with that activity).

If your child cannot do 2 or more of these activities in any category, then they may benefit from an evaluation.

<p><b>Physical Therapy Milestones</b></p>	<p>[Y] [N] Demonstrates head control in all positions            [Y] [N] Tolerates tummy time at least 1 hour a day (accumulative)            [Y] [N] Rolls from Back to belly &amp; belly to back            [Y] [N] Pivots around on belly            [Y] [N] Pulls to stand            [Y] [N] Able to get into a hands &amp; knees position            [Y] [N] Sits independently for play (9 months)            [Y] [N] Transitions from sitting to belly            [Y] [N] Able to get up on hands &amp; knees            [Y] [N] Stands momentarily            [Y] [N] Walks with hands being held            [Y] [N] Belly crawls (army crawl)            [Y] [N] Performs sit to stand with a stable object</p>
<p><b>Occupational Therapy Milestones</b></p>	<p>[Y] [N] Bangs 2 objects together            [Y] [N] Plays with feet (grasping)            [Y] [N] Intentionally drops objects to watch them fall            [Y] [N] Swallows pureed foods            [Y] [N] Picks up small finger foods by raking into palm            [Y] [N] Can be comforted through touch            [Y] [N] Explores toys with their mouth            [Y] [N] Imitates actions   Example: claps, waves            [Y] [N] Holds own cup or bottle            [Y] [N] Reaches arms to be picked up            [Y] [N] Transfers objects hand to hand            [Y] [N] Protects self when falling to sides            [Y] [N] Picks up small objects with thumb &amp; index finger</p>
<p><b>Speech Therapy Milestones</b></p>	<p>[Y] [N] Babbles and makes a variety of sounds            [Y] [N] Uses voice to express pleasure and displeasure            [Y] [N] Pays attention to noise            [Y] [N] Moves eyes in direction of sounds            [Y] [N] Smiles and giggles            [Y] [N] Tries to imitate speech sounds            [Y] [N] Understands simple words such as shoe, ball, dog            [Y] [N] Says a few words such as mama, dada, uh-oh            [Y] [N] Searches for common objects named   Example: “Where is mama?”            [Y] [N] Turns head to soft sounds</p>

**If you have any questions, please call Milemarkers at 928-854-5439.**