

ELEVEN- TO TWELVE- MONTH TYPICAL DEVELOPMENT CHECKLIST (©Diane Bahr)

Place a check mark next to the characteristics you see in your eleven- to twelve-month-old baby.

| Typical 11- to 12- Month-Old Baby | YES | NO |
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| MOUTH/FEEDING DEVELOPMENT | | |
| Integrates involuntary suckling reflex (seems to be disappearing 6-12 months) | | |
| Has integrated gag reflex (now found on back of the tongue secondary to appropriate feeding & mouthing experiences) | | |
| Integrates transverse (side) tongue reflex (seems to be disappearing 9-24 months) | | |
| Integrates phasic (up-down) bite reflex (seems to be disappearing 9-12 months) | | |
| Uses increasing diagonal rotary jaw movement (6-11 months) | | |
| Uses mirror neurons in feeding making it important for care-providers to participate in & demonstrate eating & drinking activities (This is a social, interactive process) | | |
| Gets top 2 front teeth (central incisors) between 8 & 12 months; removes food from bottom lip with top front teeth | | |
| Gets bottom lateral incisors (10-16 months) | | |
| Gets top lateral incisors (9-13 months) | | |
| Has closed mouth & easy nose breathing during sleep & when mouth is inactive/empty | | |
| Rests tongue in the roof of the closed mouth to help maintain palate shape | | |
| Is free of tethered oral tissues (tongue, lip, &/or cheek ties) | | |
| Sucks liquid from breast &/or bottle with up-down tongue & jaw movement | | |
| Increases suck, swallow, breathe sequences on the breast &/or bottle (different on breast than bottle) | | |
| Learns to manage appropriate food & liquid textures; relies <i>less</i> on breastfeeding & bottle-feeding over time | | |
| Drinks from an open or recessed-lid cup placed at lips, but not into lip corners | | |
| Drinks more than 3 consecutive sucks from open or recessed-lid cup with improving jaw control (9-15 months) | | |
| Drinks from a straw with straw placed <i>only on lips</i> (6-12 months) | | |
| Uses 3 or more continuous, consecutive sucks during proper straw-drinking (6-12 months) | | |
| Removes food from a spoon with upper lip movement | | |
| Moves lower lip inward when spoon removed (6-12 months) | | |
| Can close lips when swallowing | | |
| Holds spoon, and can pass a food pieces from one hand to the other | | |
| Uses up-down tongue movement when sucking food from spoon (11 months) | | |
| Picks up small food pieces with thumb and fingers (9-12 months) | | |
| Uses jaw movements matching shape & size of the food when taking bites & chewing | | |
| Tightens lips & cheeks to keep food in place during chewing on side where food is placed | | |
| Moves lips with chewing | | |
| Moves lips inward slightly when food remains on them; moves lip corner & cheek inward on the side of chewing (8-11 months) | | |
| Moves upper lip forward & downward during chewing (8-12 months) | | |
| Moves lower lip inward while removing food with upper incisors (9-21 months) | | |
| Uses lips & cheeks to control & move food (8-18 months) | | |

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| Uses up-down biting & chewing/munching on a hard cookie (6-19 months) | | |
| Uses diagonal rotary chewing on the side where food is placed | | |
| Bites through a soft cookie (7-12 months) | | |
| Moves tongue up & down with the jaw, and moves tongue toward small pieces of food on the side gums | | |
| Begins to move the tongue independently from the jaw during sucking (7-11 months); transfers food from center of tongue to both sides of mouth (7-12 months) | | |
| 9-12 Month Foods/Liquids (unless advised otherwise by pediatrician, dietician, etc.) | | |
| Soft, cut-up cooked and safe, soft, cut-up uncooked foods (such as bananas, skinned peaches, peeled avocado, etc.); introduce citrus slowly. | | |
| Cooked fruit or vegetable strips. | | |
| Soft, chopped meats (such as stewed chicken, no bone; ground meat; no fish). | | |
| Casseroles with noodles, pasta, or rice. | | |
| Bread, toast, crackers, dry cereal without sugar (no chocolate). | | |
| Eggs (yolks at 9 months, whites at 12 months) and cheese (soft cheese strips, cottage cheese, yogurt formulated for babies). | | |
| Sips of water, formula, or breast milk from an open-, recessed lid-, or straw-cup | | |
| Breast milk or formula from breast or bottle, allowing baby to self-limit. | | |
| BODY DEVELOPMENT (Typical 11- to 12- Month Old) | | |
| Full Body Reflexes | | |
| Tonic Labyrinthine Reflex/Response: The flexion part of this response is usually integrated by the brain by 4 months; the extension part of this response may take as long as 3 ½ years | | |
| Symmetrical Tonic Neck Reflex/Response: Develops between 6 and 9 months ; seems to disappear (become integrated by the brain) around 12 months | | |
| When Sitting (Typical 11-Month-Old) | | |
| Long-leg, side, and ring/circle sits quietly during dressing and fine-motor activities (i.e., eating, drinking, speaking, vision use, and hand use) | | |
| Side-sits in a variety of ways, as well as rotates trunk/core when reaching for objects | | |
| Imitates and does activities in unison with others (mirror neurons engaged), and helps with dressing/undressing | | |
| Handles and inspects toys with hands and eyes using hands in an increasingly sophisticated manner (e.g., placing one container into another) | | |
| Moves easily from sitting to crawling | | |
| When Sitting (Typical 12-Month-Old) | | |
| Has increasing shoulder stability and reaches for toys across middle of body (midline) using trunk rotation | | |
| Spends considerable amounts of time examining and exploring many toys | | |
| Favors container play, putting pegs in holes, as well as turning objects and pages | | |
| Imitates everyday activities such as dressing and cooking with clothing, pots, and pans | | |
| Uses two hands to put similar objects together (e.g., blocks) | | |
| Coordinates hand and wrist movements using bilateral integration, touch, and proprioception (inner awareness in muscles and joints) | | |

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| Uses fingertips and thumb for increasingly refined pincer grasp | | |
| Releases large objects easily from hands, but is awkward when releasing small objects from hands | | |
| Moves effortlessly from sitting to crawling, kneeling, squatting, and standing | | |
| From Hands and Knees (Typical 11-Month-Old) | | |
| Uses crawling as the primary means of movement toward objects and people | | |
| Will crawl in and out of appropriate large containers (e.g., stable laundry baskets placed on the side) | | |
| Improves motor planning, perception, and body awareness via movement and interaction with the environment | | |
| Moves easily from crawling to kneeling (often used as part of reaching for objects or people) | | |
| Brings one leg forward from crawling to partial half-kneeling, places weight on hands and one foot, and brings other leg forward to play in squatting | | |
| Can move easily from standing to squatting to standing | | |
| From Hands and Knees (Typical 12-Month-Old) | | |
| Can crawl (primary means of moving), half-kneel, and squat (dissociation increasing in hips and legs) | | |
| Uses kneeling and half-kneeling for reaching (dynamic stability in trunk, hips, and legs) | | |
| Squats with improved hip and knee mobility using ankles and feet to balance | | |
| When Climbing (Typical 11-Month-Old) | | |
| Prefers climbing as a favored activity and moves easily from climbing to sitting | | |
| Can be taught to move downward from furniture and stairs | | |
| Practices climbing and descending from a variety of surfaces of differing heights and textures (increasing problem-solving skills) | | |
| When Climbing (Typical 12-Month-Old) | | |
| Climbs into/onto anything considered explorable (challenges/stimulates sensory-motor skills) | | |
| Uses sensory processing and motor planning for intentional movement | | |
| Places foot on a step/lifts body onto step with arms from standing | | |
| Raises leg over a rail stabilizing with hands | | |
| When Standing (Typical 11-Month-Old) | | |
| Rises from a squat position with symmetry and wide base of support (feet apart) without using hands | | |
| Rises from half-kneeling with one hand placed on furniture | | |
| Can play with a toy using two hands while standing with a wide base of support | | |
| When Standing (Typical 12-Month-Old) | | |
| Rises to stand from hands and knees (without help) by shifting weight toward hips, freeing hands/arms, raising the trunk, and symmetrically straightening hips and knees | | |
| Uses a wide base of support (feet apart) to stand without assistance | | |
| Lowens to sitting by shifting weight toward the hips while bending the hips and knees | | |

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| Begins playing with toys formerly used in sitting | | |
| May initially fix upper trunk/shoulders/arms limiting toy play | | |
| Shifts weight from leg-to-leg, lifts unweighted leg placing it into a container, uses motor planning to place other leg into container (initially fixes upper trunk/shoulders/arms) | | |
| Explores/experiments with reaching forward with unweighted leg (motor plan needed for walking) | | |
| When Walking (Typical 11-Month-Old) | | |
| Cruises furniture and tries walking with one hand held or holding onto adult's arm | | |
| Continues fixing shoulder girdle and upper trunk/core for stability, but shifts weight with increasing ease on supported side of body (i.e., while holding hand or arm of care provider) | | |
| Begins to attempt unsupported walking with a feet apart (wide base); fixing/tightening of upper trunk, shoulders, and arms; and leaning the trunk/core toward the weight-bearing leg | | |
| Initially moves quickly, has poor balance, and falls or is caught by parent or care provider | | |
| When Walking (Typical 12-Month-Old) | | |
| Walks fast with short stride/step length, wide base, and no alternating arm swing (fixing of upper trunk and arms decreases over time with practice) | | |

Primary References

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