

# 10-12 Month Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if a child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
<b>Play and Social Skills</b>		
Is interested in interacting with others (such as peek-a-boo)		
Maintains eye contact with people during playful interactions		
Raises hands to be picked up		
Turns head in response to name being called		
Points to objects of interest by 12 months		
Enjoys playing with toys of varied textures		
Enjoys playing and banging musical toys		
Enjoys various types of movement, such as being gently swung in the air by parents		
Frequently explores the environment when placed on floor		
Enjoys moving to get a desirable toy		
<b>Coordination</b>		
Moves in and out of various positions (e.g. crawling, climbing, cruising, and walking) to explore environment and get desired toys		
Keeps head forward when being pulled to sitting from lying on back		
Is able to pull self to stand		
Is able to hold head upright while crawling by 11 months		
Primarily crawls or walks to get desired objects		
Puts weight through hands or feet when moving in and out of positions and while supported in standing		
Is able to sit unsupported and turn head to look at objects without losing balance		
Is able to throw balls and maintain balance		
Uses both hands equally to play and explore toys		
Is able to clap hands		
Enjoys and seeks out various ways to move and play		

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	Yes	No
<b>Daily Activities</b>		
Usually enjoys bath time		
Is able to self calm in car rides when not tired or hungry		
Is usually able to tolerate diaper changing without crying		
Is not fearful of tipping head back when moving from sitting to lying on back		
Is able to use fingertips to pick up small objects, such as small pieces of food		
Is eating an increasing variety of food		
Can usually participate in dressing without becoming upset		
Has an established sleep schedule		
Is usually able to calm self to fall asleep		
<b>Self-Expression</b>		
Is comforted by cuddling and a parent's touch		
Has grown accustomed to everyday sounds and is usually not startled by them		
Is generally happy when not hungry or tired		
Is able to calm with experiences such as rocking, touch, and soothing sounds		
Is able to enjoy a wide variety of touch, noise, and smells		
Cries and notices when hurt		
Is able to self soothe when upset		
<b>Total (out of 37)</b>		