

Milestones Chart: 6 – 18 months



| Age | Moving | Speech | Emotional Development | Play | Teeth | Feeding |
|---------------------|---|--|--|--|--|---|
| 6-7 months | <ul style="list-style-type: none"> Some babies sit up unaided at 6 months. 6-8 months is the average. She may be pushing herself up to crawl or mastering sitting up unaided. | <ul style="list-style-type: none"> She may babble a few sounds or blow bubbles. | <ul style="list-style-type: none"> If your baby can't see you, she may get upset. Try calling out to her so she knows where you are. | <ul style="list-style-type: none"> She'll love toys with textures that make a noise. She may be able to hold two objects in each hand. | <ul style="list-style-type: none"> She may cut her first two central top and two central bottom incisors. | <ul style="list-style-type: none"> She'll be ready for solids now. Begin with foods like baby rice, and fruit and vegetable purees. If you want to introduce baby-led weaning, you also give your baby chewier foods like cooked strips of carrot or cooked stalks of broccoli. |
| 8-9 months | <ul style="list-style-type: none"> He may be on the move crawling, shuffling on his bum or cruising between the furniture. | <ul style="list-style-type: none"> He may say 'mama' or 'dada' and wave bye-bye. | <ul style="list-style-type: none"> He may get more anxious than before if you're out of the room. | <ul style="list-style-type: none"> He'll love stacking cubes and shape sorters. | <ul style="list-style-type: none"> Between now and 12 months, two or more front teeth appear making four top and four bottom teeth. | <ul style="list-style-type: none"> Your baby will probably enjoy lumpier textures. He may hold rusks or toast soldiers and drink less milk now. |
| 10-11 months | <ul style="list-style-type: none"> Some babies are able to stand unaided; some are even ready to take their first steps. She may slither backwards down the stairs. | <ul style="list-style-type: none"> She becomes a chatterbox and loves action songs. She may babble in short sentences, not real words e.g. 'ba ba ba'. | <ul style="list-style-type: none"> Some babies develop a fear of strangers. She may start to remember where things are. | <ul style="list-style-type: none"> She'll love playing with everyday objects. | <ul style="list-style-type: none"> Her second incisors should be through now. | <ul style="list-style-type: none"> She may be able to drink from a cup independently. She may have favourite foods or be a pickier eater. She might be trying to feed herself with a spoon. |
| 12 months | <ul style="list-style-type: none"> He could be ready to walk while holding your hand. He may start to crawl upstairs. | <ul style="list-style-type: none"> He may say 'mama' or 'dada' to call you to him. | <ul style="list-style-type: none"> He'll begin to understand simple instructions. He'll respond to his name. | <ul style="list-style-type: none"> He perfects the thumb and finger pincer grip so he can pick objects up. | <ul style="list-style-type: none"> His first molar teeth may be coming through soon. | <ul style="list-style-type: none"> He loves finger food even more now and will have dropped a milk feed. |
| 13-14 months | <ul style="list-style-type: none"> She may be walking, gradually getting steadier and faster but prone to bumps and falls. | <ul style="list-style-type: none"> She may start to use simple pairs of words like 'me go' | <ul style="list-style-type: none"> She'll assert independence and have some tantrums. She'll give you hugs and show affection. | <ul style="list-style-type: none"> She'll experiment with cause and effect. She'll show more interest in other children. | <ul style="list-style-type: none"> First molars should be through now. | <ul style="list-style-type: none"> Her appetite decreases and weight gain slows. She'll put food in her mouth on a spoon. |
| 15-16 months | <ul style="list-style-type: none"> He perfects balance and becomes steadier on his feet. | <ul style="list-style-type: none"> He'll say new words every day. He understands much more than he says. | <ul style="list-style-type: none"> He loves routine and anticipating what comes next. | <ul style="list-style-type: none"> His imagination is developing. He can point at his nose, eyes and mouth. | <ul style="list-style-type: none"> Large canines (eye teeth) may appear between now and 20 months. | <ul style="list-style-type: none"> He'll drop to two milk feeds a day. He can cope with lumpier foods. |
| 17-18 months | <ul style="list-style-type: none"> The majority of children can walk, and crawl up stairs. | <ul style="list-style-type: none"> Between now and 2 years old she may learn around 10 or more words a day. So watch what you say in front of her! | <ul style="list-style-type: none"> She copies you. She may drop to one nap a day. | <ul style="list-style-type: none"> She may be able to kick a ball and run (unsteadily!) She'll love to dance. | <ul style="list-style-type: none"> Large canines (eye teeth) should be through now. | <ul style="list-style-type: none"> She'll eat more family food. She may use chunky toddler cutlery. |

Please note, this chart shows the average time a child would reach these milestones, but all babies develop differently so only use it as a guide. If your baby has special needs or was born prematurely their developmental progress will vary.