



Milestones Matter

Your Child at 1 Year

How your child plays, learns, speaks, acts and moves offers important clues about his or her development.

What Most Children Do by 1 Year

Social/Emotional

- Cry when mom or dad leaves
- Have favorite things and people
- Show fear in some situations
- Hand you a book when they want to hear a story
- Repeat sounds or actions to get attention
- Put out arm or leg to help with dressing
- Play games such as "peek-a-boo" and "pat-a-cake"

Hearing/Language

- Respond to simple spoken requests
- Use simple gestures like shaking head "no"
- Make sounds with changes in tone
- Say "mama," "dada" and exclamations like "uh-oh!"
- Try to say words you say
- Turn and look in the direction of sounds
- Look at the right picture or thing when it's named
- Follow simple directions like "pick up the toy"

Cognitive (learning, thinking, problem-solving)

- Explore things in different ways
- Find hidden things easily
- Copy gestures
- Start to use things correctly
- Let things go without help

Movement/Physical Development

- Get to a sitting position without help
- Pull up to stand and walk while holding on to furniture
- May take a few steps without holding on
- May stand alone

You Know Your Child Best

It's important to act right away if you have concerns about the way your child plays, learns, speaks, acts or moves, or if your child:

- Is missing milestones
- Doesn't crawl
- Can't stand when supported
- Doesn't search for things that she sees you hide
- Doesn't say single words like "mama" or "dada"
- Doesn't use gestures like waving or shaking head
- Doesn't point to things
- Loses skills he once had

You Can Help Your Child Learn and Grow

Here are some things to do with your child.

- In response to unwanted behaviors, say "no" firmly
- Give him lots of hugs, kisses and praise
- Spend a lot more time encouraging wanted behaviors than punishing unwanted behaviors
- Talk to her about what you're doing
- Read with him every day
- Build on what she says or tries to say
- Give him crayons and paper, and let him draw freely
- Play with toys that encourage her to use her hands
- Hide small toys and have him find them
- Ask her to label things you see while driving in a car
- Sing songs with actions
- Encourage him to make noise
- Provide lots of safe places for her to explore
- Give him push toys like a wagon or kiddie push car

This information was adapted with permission from Centers for Disease Control and Prevention's milestone checklists and tips.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>



If you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference! You can talk to your child's pediatrician, call your child's school district or area educational agency, or schedule a clinical hearing, speech-language, or developmental evaluation.

Clinical Evaluations

Boys Town National Research Hospital offers pediatric hearing evaluations. Call 531-355-6540 to schedule an appointment at the Downtown location or 531-355-6800 to schedule an appointment at the West location.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West
14000 Boys Town Hospital Rd., Boys Town, NE 68010

Boys Town National Research Hospital offers speech-language evaluations and therapy for children with communication concerns. Call 531-355-5087 to schedule an appointment.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531.355.3358 to schedule an appointment.

Boys Town Center for Behavioral Health
13460 Walsh Dr., Boys Town, NE 68010

Educational Evaluations

Your child may qualify for a free assessment through the school district or area educational agency in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287 or Iowa Early Access at 1-888-IAKIDS1.

Ashland-Greenwood Public Schools
402-944-7083

Gretna Public Schools
402-332-3265

Bellevue Public Schools
402-293-4000

Millard Public Schools
402-715-8302

Bennington Public Schools
402-238-3044

Northwest Area Educational Agency
712-222-6050

DC West Community Schools
402-359-2583

Omaha Public Schools
531-299-0242

Elkhorn Public Schools
402-289-2579 ext. 11000

Papillion-La Vista Community Schools
402-514-3243

Fremont Public Schools
402-727-3084

Westside Community Schools
402-390-2100

Green Hills Area Educational Agency
712-366-0503 ext. 7215

Yutan Public Schools
402-625-2141