



Communication Milestones at 9-12 months

- Uses gestures, such as pointing, or reaching arms upward to be picked up
- Waves hello/goodbye
- Understands simple directions (e.g. “sit down,” “come here,” “bring me your shoes”)
- Begins use of “mama” and “dada” purposefully
- Uses 2-3 other single words (e.g. cookie, milk, Elmo)

Feeding/Swallowing Milestones at 9-12 months

- Drinks from cup with holding assistance
- Begins using a straw
- Eats lumpy, mashed food
- Chewing includes vertical jaw movements

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