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Post-graduate training:

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• **DEVELOPMENTAL MILESTONES: 8 - 12 Months.**

Gross motor:

- Sits without assistance (7-8 months)
- Crawls forward (7-8 months)
- Creeps on hands and knees (8-10 months)
- Pulls self to stand (8-10 months)
- Walks holding on to furniture (10-12 months)
- Stands momentarily without support (10-12 months)
- May walk 2-3 steps without support (10-12 months)

Fine motor:

- Bangs 2 cubes together (8-10 months)
- Uses pincer grasp (10-12 months)
- Pokes with index finger (10-12 months)
- Puts objects into and takes objects out of container (10-12 months)

Social/Cognitive:

- Finds hidden objects easily
- Imitates gestures
- Looks at correct picture when named
- Shy or anxious with strangers, "Stranger Anxiety"
- Prefers mother or regular caretaker over all others
- Repeats sounds or gestures for attention
- Begins to clap or wave "bye-bye" (10-12 months)

Language:

- Babbles with inflection, uses exclamations such as "Oh-oh!", (10 months)
- Imitates words, shakes his head for "no" (10 months)
- Joins 2 consonants, "mama", "dada", without discrimination (10-12 months)
- Responds to "no" and simple verbal requests (10-12 months)

Appropriate toys and activities for this age:

- Stacking toys in different shapes and sizes
- Unbreakable containers, cups, pails, mirrors of various sizes
- Bath toys that float or squirt
- Large building blocks
- Squeeze toys, large dolls and puppets
- Balls of all sizes (not small enough to fit in the mouth)
- Push-pull toys, cars, trucks and other vehicle toys made of flexible plastic
- Musical toys, music boxes, records and tapes
- Cardboard books with large pictures