

Development at 10 Months: What Your Baby Can Do



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Your 10-month-old is becoming more active, crawling, and pulling themselves up onto furniture.

Cognitive development continues as they explore how things work and improve their coordination.

Language development is accelerating, with your baby starting to show interest in conversations.

Keep an eye out for developmental concerns, such as lack of response, no babbling, or failure to show interest in play.

What are the developmental milestones for my 10-month-old?

At 10 months, your baby is becoming more active. They will likely be crawling

and pulling themselves up onto furniture, which will give you a better sense of their developing personality.

Growth is still rapid, but it will begin to slow down. By now, your baby will have more than doubled their birth weight, and as they start to pull themselves upright, they'll begin to look more like a toddler than a baby.

It's also common for babies to lose a little weight around this age due to increased movement, illness, or not eating enough solids. If your baby is quite chubby, be sure to offer nutritious foods from the five food groups: vegetables, fruit, grains, dairy, and protein. Water remains the best drink for your baby. Avoid excessive salt, saturated fats, sugar, and sweet drinks.

If you have concerns about your baby's growth, talk to your child health nurse.

What activities will help my baby's development?

Physical development

By 10 months, most babies can crawl confidently on their hands and knees. Some may skip crawling altogether and move straight to walking.

Your baby will likely be sitting up without support and may try to walk while holding onto furniture (referred to as 'cruising'). They may even attempt to pick up a toy from a standing position or climb stairs, so make sure to keep their environment safe.

At this stage, your baby will be able to sit and lean sideways without falling over.

Cognitive development

Your baby will continue to explore and understand how things work. They'll be curious about hidden objects and may enjoy grabbing or throwing things. Your baby will likely bounce to music and attempt to mimic simple sounds. They will be able to pick up objects easily with their thumb and forefinger.

Social development

Separation anxiety often eases by 10 months, so it may be easier to leave your baby with others. Your baby may become more social, smiling at everyone they meet, or they may be more reserved and hide away from strangers.

Emotional development

Some babies at this age may develop new fears, like the sound of a vacuum cleaner or doorbell. A comforting cuddle will help them feel secure.

Language development

Language development progresses, and you may hear your baby's first words. They'll be very interested in conversations, even though they may not be able to speak full words yet. Your baby will communicate through body language and facial expressions to let you know what they want. They may even start to join in when you sing to them, although there will still be plenty of babbling.

Signs of developmental issues

At 10 months, speak with your doctor or child health nurse if:

Your baby is not responsive to parents or caregivers.

Your baby is not babbling or vocalizing with vowels and consonants.

They are not trying to pull themselves up to stand or sit independently.

They are not playing with their feet or swapping objects between their hands.

They are not interested in holding or throwing toys.

They are not learning to eat solid foods.

Tools and Assistance

If you have concerns or would like to discuss any issues with your baby's development, there are several resources available:

Nutritionists: If you're concerned about your baby's nutrition or eating habits, a nutritionist can provide guidance on meal planning.

Pediatricians: They can track your baby's growth and offer guidance on milestones.

Child health nurses: They provide valuable support and help monitor developmental progress.

Parenting groups: Connecting with other parents can offer emotional support and shared experiences.

Speech therapists: If you have concerns about language development, speech therapists can provide assessments and assistance.

Occupational therapists: For babies with motor skills delays, occupational therapists can provide targeted strategies to improve coordination.