

Development at 11 Months: What Your Baby Can Do



Highlights

Look out for developmental issues, such as lack of eye contact, inability to comfort, or delayed movement.

Your 11-month-old will likely begin cruising and possibly even take their first steps.

Cognitive, social, and emotional development continues at a rapid pace.

Language development is progressing, with your baby starting to understand simple instructions and communicate through gestures.

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What are the developmental milestones for my 11-month-old?

By 11 months, your baby's senses will have matured, allowing them to see objects clearly at different distances. They can focus on fast-moving objects

and will now have developed hand-eye coordination, enabling them to pick up a toy.

Their sense of taste and smell is also progressing. They will likely have food preferences and will enjoy the experience of smelling flowers outdoors.

If you're breastfeeding, your baby might start to wean, or you may choose to start the process. It's best to wean slowly to allow your milk supply to decrease gradually. However, you are not required to wean if you're not ready.

What activities will help my baby's development?

Physical development

Your baby may begin pulling themselves up and using furniture to move around (this is known as "cruising"). Some babies can stand on their own and may even take their first steps, although crawling might still be their preferred mode of movement.

As their coordination improves, they will begin feeding themselves with their fingers during most meals. Some babies at this age will be able to grip a sippy cup and drink independently, although some may take a few more months to master this skill.

Cognitive development

At this age, your baby will likely show interest in picture books and enjoy listening to music or playing with noisy toys.

Social development

Separation anxiety may still affect some 11-month-olds, but many babies at this stage are becoming more comfortable being away from their parents.

Emotional development

Most 11-month-olds can show empathy toward others in distress. They feel more secure exploring and playing when you are nearby and may occasionally seek

reassurance from you.

Language development

Your baby's communication skills will develop rapidly at this stage, and you may hear sounds resembling words. They will also communicate through gestures such as pointing, nodding, waving, and even grunting. At this point, they will understand simple instructions and cooperate with you, such as when getting dressed.

This is a good time to start setting boundaries by saying "no" to potentially dangerous actions.

Signs of developmental issues

At 11 months, you should consult your doctor or health nurse if:

Your baby does not show happiness when seeing familiar people.

They don't make eye contact.

You or a close caregiver can't comfort them.

They haven't started moving or aren't sitting independently.

They don't babble or make sounds when spoken to.

Tools and Assistance

If you are concerned about your baby's development, there are several resources available to support you:

Occupational therapists can help with motor skills and coordination if you notice any delays in movement or other physical milestones.

Pediatricians can monitor your baby's development and provide guidance on any concerns you may have.

Child health nurses can offer advice and help with developmental milestones.

Parenting groups provide a community where you can share experiences and receive support from others going through similar stages with their babies.

Speech therapists can assist if you have concerns about your baby's language development or if they are not making the sounds expected at their age.