



## Gross Motor Developmental Milestones

Skills for 0-6 Months	When to be Concerned
<ul style="list-style-type: none"> <li>• When positioned on belly, raises head and shoulder</li> <li>• Rolls from front to back</li> <li>• Reaches for objects with one hand</li> <li>• Visually tracks people and objects</li> <li>• Props on forearms (6 months)</li> </ul>	<ul style="list-style-type: none"> <li>• Can not lift head off surface (by 3 months)</li> <li>• Poor Head Control</li> <li>• Stiff legs that move very little</li> <li>• Presents with head lag when pulled to sit</li> <li>• Does not reach for toys with hands</li> <li>• Unable to roll, bilaterally</li> <li>• Can not play in midline or demonstrates hand preference</li> </ul>
Skills for 7-12 Months	When to be Concerned
<ul style="list-style-type: none"> <li>• Rolls from back to belly (6-7 months)</li> <li>• Creeps/crawls on stomach</li> <li>• Sits independently</li> <li>• Transitions from belly to sitting</li> <li>• Crawls up stairs on belly</li> <li>• Pulls to stand using furniture</li> <li>• Stands at supported surface</li> <li>• Cruises on furniture</li> <li>• Walking/ambulation start to emerge</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to sit independently and play with toys</li> <li>• Difficulty crawling or unable to crawl</li> </ul>
Skills for 13-18 months	When to be Concerned
<ul style="list-style-type: none"> <li>• Independent with ambulation</li> <li>• Pushes to stand by going through 4 point</li> <li>• Stoops and recovers</li> <li>• Walks backwards</li> <li>• Walks sideways</li> <li>• Starts running but may fall frequently</li> <li>• Ascends stairs using step-to pattern with railing/support</li> <li>• Throwing a small ball overhead</li> <li>• Kicking a ball forward, with decreased control</li> <li>• Seats self in small chair</li> <li>• Climbs into adult chair</li> <li>• Walks up/down stairs holding on to railing, with 2 feet per step (18 mos)</li> </ul>	<ul style="list-style-type: none"> <li>• Walks on toes or legs are very stiff and straight</li> <li>• Can't stand independently</li> <li>• Can't walk independently</li> <li>• Falls frequently</li> <li>• By 15-18 months:</li> <li>• Lowers to use hands or crawl up the stairs</li> </ul>
Skills for 19-24 months	When to be Concerned
<ul style="list-style-type: none"> <li>• Running becomes more controlled</li> <li>• Stands on one foot briefly</li> <li>• Walks on line/balance beam with 1 foot on the line</li> <li>• Lowers to pick up objects from floor without falling</li> <li>• Jumping up with both feet</li> <li>• Jumping down from objects</li> <li>• Walks up stairs, both feet per step without rail</li> <li>• Walking backwards emerges</li> </ul>	<ul style="list-style-type: none"> <li>• Falls frequently when running</li> <li>• Not able to clear the floor when jumping up</li> <li>• Can't jump up keeping feet together</li> </ul>
Skills for 2-3 years	When to be Concerned
<ul style="list-style-type: none"> <li>• Ascends/descends stairs independently using step to pattern</li> <li>• Walking on a line/balance beam with improved balance</li> <li>• Walking on tiptoes</li> <li>• Jumping forward</li> <li>• Rides a tricycle</li> <li>• Catches playground ball, securing ball by bending arms towards chest</li> <li>• Throws ball overhand 3-7 feet</li> <li>• Kicks ball forward 3-6 feet using opposing arm/leg movements</li> </ul>	<ul style="list-style-type: none"> <li>• Requires railing for ascending/descending stairs or uses a step to pattern</li> </ul>

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#### Skills for 3-4 years

- Can sustain single leg stance for 5 seconds
- Can sustain static tiptoes for 3 seconds
- Kicks ball forward with control
- Catches ball with hands, without pulling ball to chest
- Throws ball at target

#### Skills for Ages 4+

- Hopping on one foot
- Galloping and skipping start to emerge
- Jumps over objects
- Jumping-Jacks start to emerge
- Bounces and catches ball