



GROSS MOTOR Development

Birth - 18 Months

REFERENCES:

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The Components of normal Development During the First Year of Life and Abnormal Development. Lois Bly . 1983

Normal Development of Functional Motor Skills. Rona Alexander Ph.D., Regi Boeheme, OTR, Barbra Cupps PT, Therapy Skills Builders 1993

Developmental Checklist, Birth To Five, Adapted and Revised by the Mid-State Early Childhood Direction Center-2012.

Child Development Chart-First Five Years. Harold Ireton, PH.D.

Kid Sense Gross Motor Development Checklist. <https://childdevelopment.com.au/resources/child-development-charts/gross-motor-developmental-checklist/>



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Your child is developing gross motor skills in this range. Remember each child is unique and will develop at his or her own rate. Use the guide as a tool to learn what step is next and how to help your child move to the next stage.

AGE	SUPINE	PRONE	SITTING	STANDING	MOBILITY
0-3 MONTHS	<ul style="list-style-type: none"> <input type="checkbox"/> Turns head to each side <input type="checkbox"/> Kicks legs reciprocally <input type="checkbox"/> Tucks chin (3 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> Lifts and turns head part way <input type="checkbox"/> Lifts head 45 degrees (by end of second month) 			<ul style="list-style-type: none"> <input type="checkbox"/> Rolls side to back
3-6 MONTHS	<ul style="list-style-type: none"> <input type="checkbox"/> Holds head in line with body during pull to sit <input type="checkbox"/> Lifts head against gravity (5 months) <input type="checkbox"/> Hands to knees (4 months) <input type="checkbox"/> Hands to feet (5 months) <input type="checkbox"/> Holds arms & legs vertical (6 months) <input type="checkbox"/> Bridges (5 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> Holds prone on forearms- lifts chest from surface <input type="checkbox"/> Swimming movements (4-5 months) <input type="checkbox"/> Pushes up onto hands <input type="checkbox"/> Pivots <input type="checkbox"/> Begins to assume quadruped (6 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> Holds head steady in supported sitting <input type="checkbox"/> Sits with slight support or independently for brief moments <input type="checkbox"/> Actively moves head in supported sitting <input type="checkbox"/> Sits well in high chair (6 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> Bears some weight on legs in supported standing <input type="checkbox"/> Bounces in standing with feet closer together (6 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> Rolls prone to supine <input type="checkbox"/> Rolls supine to side
6-9 MONTHS		<ul style="list-style-type: none"> <input type="checkbox"/> Belly crawls <input type="checkbox"/> Assumes hands and knees 	<ul style="list-style-type: none"> <input type="checkbox"/> Sits independently <input type="checkbox"/> Lifts head and assists when pulled to sit 	<ul style="list-style-type: none"> <input type="checkbox"/> Bears almost all weight on legs <input type="checkbox"/> Bears weight on legs and bounces <input type="checkbox"/> Stands, holding on <input type="checkbox"/> Pulls to stand at furniture 	<ul style="list-style-type: none"> <input type="checkbox"/> Rolls supine to prone <input type="checkbox"/> Gets to sitting independently <input type="checkbox"/> Goes from sitting to prone <input type="checkbox"/> Belly crawls <input type="checkbox"/> Cruises along furniture (7-9 months)
9-12 MONTHS			<ul style="list-style-type: none"> <input type="checkbox"/> Pivots in sitting <input type="checkbox"/> Sits on small chair or stool 	<ul style="list-style-type: none"> <input type="checkbox"/> Stands momentarily 	<ul style="list-style-type: none"> <input type="checkbox"/> Creeps on hands and knees <input type="checkbox"/> Walks, holding furniture <input type="checkbox"/> Creeps on hands and feet <input type="checkbox"/> Walks with 2 hands held
12-18 MONTHS			<ul style="list-style-type: none"> <input type="checkbox"/> Assumes and maintains kneeling 	<ul style="list-style-type: none"> <input type="checkbox"/> Stands alone for a few seconds 	<ul style="list-style-type: none"> <input type="checkbox"/> Walks with one hand held <input type="checkbox"/> Walks alone a few steps <input type="checkbox"/> Creeps upstairs <input type="checkbox"/> Walks without support (13-15 months) <input type="checkbox"/> Walks backward <input type="checkbox"/> Runs- hurried walk <input type="checkbox"/> Walks upstairs with one hand held