REFERENCES:
HELP Checklist Birth to Three Years, Based on Hawaii Early Learning Profile by Fu... et al. and the HELP Strands by Stephanie Parks. VORT Corporation 1984-2013.
HELP Charts Birth- 3 Years. Based on the Hawaii Early Learning Profile by S. Furuno. 1987-1994 VORT.
The Components of normal Development During the First Year of Life and Abnormal Development. Lois Bly. 1983.
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.
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.

<table>
<thead>
<tr>
<th>AGE</th>
<th>SUPINE</th>
<th>PRONE</th>
<th>SITTING</th>
<th>STANDING</th>
<th>MOBILITY</th>
</tr>
</thead>
</table>
| 0-3 MONTHS | □ Turns head to each side  
□ Kicks legs reciprocally  
□ Tucks chin (3 months) | □ Lifts and turns head part way  
□ Lifts head 45 degrees (by end of second month) | □ Holds head steady in supported sitting  
□ Sits with slight support or independently for brief moments  
□ Actively moves head in supported sitting  
□ Sits well in high chair (6 months) | □ Bears some weight on legs in supported standing  
□ Bounces in standing with feet closer together (6 months) | □ Rolls side to back |
| 3-6 MONTHS | □ Holds head in line with body during pull to sit  
□ Lifts head against gravity (5 months)  
□ Hands to knees (4 months)  
□ Hands to feet (5 months)  
□ Holds arms & legs vertical (6 months)  
□ Bridges (5 months) | □ Holds prone on forearms—lifts chest from surface  
□ Swimming movements (4-5 months)  
□ Pushes up onto hands  
□ Pivots  
□ Begins to assume quadrupled (6 months) | □ Sits independently  
□ Lifts head and assists when pulled to sit | □ Bears almost all weight on legs  
□ Bears weight on legs and bounces  
□ Stands, holding on  
□ Pulls to stand at furniture | □ Rolls prone to supine  
□ Rolls supine to side |
| 6-9 MONTHS | | □ Belly crawls  
□ Assumes hands and knees | | | |
| 9-12 MONTHS | | □ Pivots in sitting  
□ Sits on small chair or stool | | | |
| 12-18 MONTHS | | □ Assumes and maintains kneeling | | | |
|           | | □ Stands alone for a few seconds | | | |

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