



kids therapy made simple

Gross Motor Milestones

Developmental milestones are 'checklists' that can be used to track a child's development. Each child is unique and develops at their own pace, however developmental milestones can give you a general idea of what to expect as your child grows. They allow us to determine if a child is developing within what would be considered a 'normal' range.

Gross motor skills are larger movements your body makes - movements made with your arms, legs, feet, or entire body. Milestones such as crawling, cruising, walking and running are considered gross motor skills.

Like many other areas of development, gross motor skills typically develop along a specific path. Each stage of development assumes that the preceding stages have been successfully achieved. If you have any concerns regarding your child's gross motor development, speak with your pediatrician.

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0 - 3 months

- turns head to each side when on back
- head remains upright when propped on elbows while on tummy



3 - 6 months

- lifts chest from surface when on tummy
- pushes up onto hands
- rolls belly to back
- brings head, hands and feet to midline



6 - 9 months

- rolls back to belly
- sits independently
- combat crawls
- begins to get into hands and knees position
- pivots in sitting



9 - 12 months

- pulls to stand at furniture
- goes from sitting to belly
- creeps on hands and knees ('crawling' where stomach does not touch the ground)
- creeps on hands and feet
- cruises along furniture
- walks with hands held



12-18 months

- stands alone
- kneels
- walks with improved balance
- creeps upstairs
- walks backward



18-24 months

- runs fairly well
- climbs into adult chair
- squats in play without losing balance
- walks up and down stairs holding hand

