



# **gross motor milestones CHECKLIST**

## **0-3 MONTHS**

- Raises head/chest and rotates head when on belly
- Pushes up through the forearms when on belly
- Kicks while laying on back
- Brings hands to mouth, open/closes hands
- Puts weight through their legs/feet when held in standing position (over 8 weeks)
- Moderate head control progress (over 8 weeks)

## **3-6 MONTHS**

- Straightens arms/puts weight through the palms when on belly
- Pivots left and right when on belly
- Hands/feet to mouth while playing on back
- Tracks toys/objects of interest while on back
- Supported sitting, propped sitting with hands (tripod)
- Good head control when propped or sitting
- Rolls from tummy to back in both directions
- Reaches with each hand, can transfer object from hand to hand

**THIS CHECKLIST IS COURTESY OF  
DR. JESSICA LEIGHTON**

**[WWW.DRJESSICALEIGHTON.COM](http://WWW.DRJESSICALEIGHTON.COM)**



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## **CHECKLIST**

### **6-9 MONTHS**

- Rolls tummy to back, back to tummy both directions
- Pivots on belly
- Sitting independently without slumping forward
- Side sitting play
- Transfers from sitting to belly, belly to sitting
- Hands and knees position
- Army crawling
- Uses hands to pull up on furniture, standing with weight supported
- Plays on their knees

### **9-12 MONTHS**

- Pulls to stand, steadily
- Transitions: sitting < > belly < > back < > sitting
- Quadruped crawling, oftentimes after army crawling
- Crawling over small obstacles
- Standing independently
- Squating to retrieve objects (with support)
- Cruising along furniture/wall
- Transition from crawl (bear position) to standing

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### **12-18 MONTHS**

- Further development of prior milestones
- Steady, independent walking with no support
- Carries small objects while walking
- Pull and push toys independently
- Starts running, not yet fluidly, focused on the ground, stiff legs

### **18-24 MONTHS**

- Transitions: squat <> standing
- Stands on tip-toes, attempts to jump
- Stairs with assistance
- Climbs on/off furniture
- Takes a few steps backwards
- Rolls, throws and kicks a ball



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