

GROSS MOTOR MILESTONES

for children birth to three

0-3

MONTHS

- Follows objects with eyes
 - Turns head side to side on tummy
 - Lifts head to 45 degrees on tummy
 - Brings hands to midline
 - Props on elbows on tummy when placed
 - Grasps objects at midline
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3-6

MONTHS

- Brings hands/feet to mouth
 - Pivoting on tummy
 - Rolls tummy to back & back to tummy
 - Reaches and gets on extended arms on tummy
 - Sits with support
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6-9

MONTHS

- Sits independently when placed
 - Moves backwards on tummy/army crawls
 - Pushes up on hands and knees
 - Gets in/out of sitting independently
 - Crawls on hands/knees
 - Pulls to tall kneeling
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9-12

MONTHS

- Pulls to stand
- Sits down from supported standing
- Cruises along furniture
- Stands alone momentarily

12-15
MONTHS

- Gets into standing independently
- Walks with or without support
- Squats to pick up toys with or without support
- Follows simple directions

15-18
MONTHS

- Walks well alone
- Carries objects while walking
- Walks in all directions (sideways, backwards, can change directions)
- Walks fast

18-24
MONTHS

- Steps over objects
- Steps up/down from an elevated step with or without support
- Squats to pick up toys from the floor and regains standing
- Runs, but may fall often

24-36
MONTHS

- Develops jumping skills: jumping up, forward, and down from elevated surface
- Runs well with good balance
- Kicks a stationary ball
- Initiates standing on one leg for several seconds

> This resource was created in collaboration with Mommy & Me PT <
Buy the full PDF Package: A Gross Motor Guide to Milestones & Development
in the First Three Years at www.sellfy.com/mommy-me-pt/

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