



DEVELOPMENTAL MOTOR MILESTONES

Birth - 6 months

Birth - 3 months

Summary Skills:

- * Pushes up on forearms and lifts head when positioned on stomach
- * Brings both hands to mouth
- * Moves legs and arms off of surface when positioned on stomach and back
- * Grasps objects but without purposeful, controlled release

Red Flags

- ▶ Flattening of the back or side of the head
- ▶ Preferring to turn head to only one side
- ▶ Thumb tucked inside palm, under fingers

Functional Play and Toy Ideas

Playing at this level should include a lot of tummy time! Be sure to carry your infant in a variety of different positions, on both hips. Use music with rocking and swinging. Engage vision by laying next to them and singing. Do this from laying on back, belly and each side. Bath time can be an opportunity to engage and introduce to new sensations. Infant massage is great. Use a gym mat with arches and toys that dangle to motivate reaching and grasping.

Skills Checklist

- Tracks object from side to midline
- Looks at hands
- Grasps and pulls at clothing
- Blinks at sudden visual stimuli
- Follows with eyes upward and downward
- From back, kicks legs and bends hips 90*
- Scratches at blanket with fingers
- Turns head side to side from belly.
- Arms become active at the sight of colorful rattle or toy, grasping briefly.
- Bears weight on forearms while on tummy
- While on back briefly brings hands together at midline
- From back, will rest side of head on surface, and lift to switch to other side.
- Turns head toward direction of sounds.

Coming Soon

- ▶ Rocking on hands and knees
- ▶ Rolling

3-6 months

Summary Skills:

- * Pushes up on arms when on tummy
- * Plays with thighs, knees and brings feet to mouth when on back.
- * Begins to roll in both directions
- * Begins to sit with support
- * Begins to rock on hands and knees
- * Reaches for and briefly holds a toy

Red Flags

- ▶ Excessive arching of back
- ▶ Using only one hand or one side of the body
- ▶ Keeping one or both hands tightly clenched
- ▶ Head lag or poor neck control
- ▶ Does not visually engage

Functional Play and Toy Ideas

Playing at this level should continue to include a lot of tummy time! You can also play in sidling positions. Have the infant track an object and use this to help them roll. Hold in supported sitting and slowly shift from side to side or bounce on your knee. Continue with songs and add in hand motions. Read books. Toys can include mirrors, rattles, soft books, balls and musical toys.

Skills Checklist

- Looks at objects a few feet away
- Mouths objects and their own hands
- Can follow objects across the midline, with eyes only, not moving the whole head. Attracted to bright colors.
- Looks for the source of a sound.
- Uses arms to pivot while on belly
- Briefly keeps both hands on bottle
- Grasps cube against palm
- Extends arms straight toward the rattle
- Clasps hands together at midline
- Visually studies smaller objects
- From back, uses hands to grasp knees and toes
- Head maintains upright position when shifted side to side, front to back.

Coming Soon

- ▶ Crawling
- ▶ Standing
- ▶ Cruising
- ▶ Climbing

Family Tree Therapies