



# DEVELOPMENTAL MOTOR MILESTONES

6-12 months

## 6 - 9 months

### Summary Skills:

- \* Sits unsupported, reaching for toys without falling
- \* Moves from tummy or back to sitting
- \* Picks up small objects with thumbs and fingers
- \* Starts to move with alternate leg/arm in belly crawling and 4 point crawling.

### Red Flags

- ▶ Scooting on back or bottom instead of crawling
- ▶ Arching back
- ▶ Not able to bring hands together at midline
- ▶ Not moving to explore the environment

### Functional Play and Toy Ideas

Playing at this level should be a lot of engagement back and forth. You should see a lot of eye contact, simple imitation during play and your baby should be generally happy when not hungry. S/he will be comforted by touch, cuddling, and gentle movements such as rocking. Playing with musical, colorful and textured toys, as well as gentle movements such as being swung in air and bouncing up and down are enjoyable.

### X Skills Checklist

- Drops objects
- Plays while in tummy time
- Feeds self meltable, soft food
- Visually attends to pictures
- Holds and drinks from bottle
- Uses arms in games such as "So Big", "Peek a Boo" and "Patty Cake"
- Shakes a rattle
- Rakes cheerios, scooping with several fingers
- Transfers objects from hand to hand
- Bangs object on a table
- Pulls to standing using mostly arms and upper body, bearing weight through legs.
- Rotates wrist while holding a toy
- Raises hands towards adult to be picked up.

### Coming Soon

- ▶ Cruising
- ▶ Walking
- ▶ Clapping
- ▶ Throwing

## 9 - 12 months

### Summary Skills:

- \* Increased fine motor skills: self feeding, releasing objects into a container, claps
- \* Pulls to stand and cruises along furniture
- \* Stands alone, taking several steps.
- \* Maintains balance while sitting to look around and even throw balls

### Red Flags

- ▶ Difficulty getting to standing because of weakness or stiffness.
- ▶ Not using fingertips to grasp
- ▶ Fussy in response to movement or sounds

### Functional Play and Toy Ideas

Playing at this level should continue to include a lot of joyful interactions as well as increased independent exploration of the environment. Your child can point to objects of interest and will use both of their hands to manipulate and explore toys. With books, encourage holding the book and pointing to pictures. Playing can include a lot of movement, throwing, banging of toys. Encourage standing balance while reaching for a toy or to pop a bubble.

### X Skills Checklist

- Holds leg and foot out for putting on pants and shoes
- Holds arms out for dressing and undressing
- Uses fingers (not palm) to hold cube
- Releases object independently on a surface
- Puts object in a large container
- Places 1 large block on top of another
- Established sleep schedule, with self calming to fall asleep.
- Uses pincer to pick up cheerio (tip of index finger and thumb)
- Pokes finger in a hole
- Bangs objects together at midline
- Removes rings from a stacking pole
- Uses arms to creep (crawling from hands and knees)

### Coming Soon

- ▶ Walking
- ▶ Climbing stairs
- ▶ Scribbling with a crayon

**Family Tree Therapies**