



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



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.



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.



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