


BABY GROSS MOTOR MILESTONE CHECKLIST



0 - 12 MONTHS

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BABIES, NECKS,
AND NOGGINS

0-2 Months

- Lifts head to clear nose when on belly
- Can turn head to both sides when on belly
- Turns head to both sides when on back
- Moves both arms and kicks both legs when on back
- Head lags behind body when pulled to sit
- Unable to support head, needs support to stabilize

8-9 Months

- Able to crawl on hands and knees
- Able to play in a variety of sitting positions
- Able to stand with hands on support, such as couch
- Able to pull to stand on furniture

3-4 Months

- Can rest on forearms in tummy time
- May roll to side from back or tummy
- Keeps head in line with body when pulled to sit
- Hands can come up to chest when lying on back
- May prop on one straight arm on tummy

10 Months

- Walks sideways while holding onto furniture (cruising)
- If tipping backwards in sitting, can catch themselves
- Moves between laying down and sitting up alone
- Beginning to walk with a push toy
- Can lower themselves to floor from supported standing

5 Months

- May roll from tummy to back
- Will bring feet to mouth when laying on back
- Can sit longer by using one arm to prop up, can occasionally balance hands free
- Can push up on straightened arms on tummy
- Can roll from back to belly

11 Months

- Attempting to stand alone for a few seconds
- Able to walk while holding onto one or two hands
- Able to cruise (take steps while holding onto surfaces) between furniture

6-7 Months

- May begin crawling on elbows/belly
- Able to sit alone with both hands holding toy
- Can catch themselves if tipping forward in sitting
- Beginning to move from sitting to hands-and-knees position (all fours)

12-17 Months

- Walks independently
- Stands up from floor alone, without use of furniture or support
- Able to squat down to play and return to standing alone