Gross Motor Milestones

What are Gross Motor Milestones?

Each baby is unique and grows at his/her own rate. That is why there is a wide variety of "normal" in development. Although this is a gradual, individualized process, most babies do go through a series of developmental milestones around certain ages.

The purpose of this checklist is to provide a reference to help guide you through typical development and what to expect at certain stages.

Birth-2 month

- Raises head slightly off floor or bed when on stomach
- Holds head up momentarily when supported
- Alternates kicking legs when on back
- Arm thrusts in play

3-5 months

- Lifts head and chest when on stomach (props on forearm)
- Head control improving
- Some head bobbing in supported sitting
- Rolls from side to side
- Rolls from stomach to back
- Sits briefly with arm support
- Random batting at objects
- Hands to midline
- Makes crawling movements

6-8 months

- Reaches to objects on stomach
- Pivots around when on stomach
- Pulls self forward on stomach
- Rolls from back to stomach
- Sits alone briefly
- Moves from sitting to lying on stomach
- Stands with support
- Assumes quadruped and rocks

9-11 months

- Sits alone with trunk rotation
- Pivots and scoots in sitting
- Creeps or crawls
- Pulls to stand
- Cruises
- Stands alone momentarily

12-15 months

- Assumes tall kneeling
- Walks on knees
- Walks independently without support
- Able to stand without support
- Creeps up stairs
- Able to start, stop and turn without falling while walking
- Crawls up on chairs or other furniture
- Runs

16-18 months

- Walks up one step at a time with hand held or railing
- Creeps down stairs
- Walks with heel-toe pattern, seldom falls
- Walks sideways and backwards
- Run stiffly
- Stands on one foot with help
- Kicks large ball forward after demonstration
- Manages riding toys
- Good balance and coordination

19-24 months

- Walks down one step at a time with rail or hand holding
- Squats in play and stands back up
- Jumps in place
- Kicks a stationary ball
- Jumps off 12-inch box with 1 foot leading
- Walks on balance beam with 1 foot on/ 1 foot off
- Walks up and down stairs alone

24-29 months

- Walks on balance beam with one hand held
- Stands on balance beam alone
- Walks up stairs one step at a time with no railing
- Runs well
- Briefly stands on one foot
- Jumps from one step with feet together
- Throws ball overhead
- Climbs on play equipment-ladders, slides, etc.

2-3 years

- Walks down stairs step by step without railing
- Balances on one foot 2-3 seconds
- Jumps forward at least one foot
- Walks on balance beam alone
- Walks on tip toe when asked

3-4 years

- Walks on balance beam sideways
- Catches a bounced ball
- Rides a tricycle
- Hops on one foot 2-5 times
- Balances on one foot 2-5 seconds
- Consecutive jumping
- Walks up stairs step over step alone

4-5 years

- Balances on one foot 4-8 seconds
- Walks on balance beam in all directions
- Walks down stairs step over step alone
- Kicks a rolling ball
- Catches large and small ball with outstretched arm
- Throw a small ball overhand

(see next)

5-6 years

- Balances on one foot 10 seconds
- Skips
- Rides a bike with or without training wheels
- Begins to jump rope
- Hops on one foot ten times
- Catches bounced or thrown ball with hands
- Walks on heals when asked
- Swings on swing, pumping by self