

Physical Developmental Milestones

The First Year

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| 1-2 months | <ul style="list-style-type: none"> • Lifts head slightly off of surface when lying on stomach • Can hold head up for a few seconds when held in a sitting position • Can follow a toy with their eyes to or past middle • Kicks legs equally while lying on their back • Brings hands to mouth |
| 3-5 months | <ul style="list-style-type: none"> • Lifts head and chest up and props on forearms when on stomach • Better head control in supported sitting, but head may still wobble slightly • Rolls from side to side • Bats or swipes at dangling objects/toys • Hands to the midline/middle • Rolls from stomach to back • Reaches for feet • Sits briefly while using their arms to hold themselves up • Reaches for and grasps toys |
| 6-7 months | <ul style="list-style-type: none"> • Reaches for objects when lying on their stomach • Holds bottle independently • Rolls belly to back and back to belly • Sits with and then without support of their arms • Puts full weight on their legs • Transfers objects from one hand to the other • Pushes up on straight arms while lying on their belly • May bring their feet to their mouth |
| 8-9 months | <ul style="list-style-type: none"> • Moves self forward on belly (commando crawling) • May get up onto hands and knees • Fully sits unsupported and reaches and plays with toys • Pivots or scoots in a sitting position • May pull to stand at a surface • Bangs two objects together • Finger feeds |
| 10-12 months | <ul style="list-style-type: none"> • Crawls on hands and knees • Pulls to standing at a surface • Walks while holding onto a surface (cruises) • Bounces their knees up and down while you hold their hands • Lowers self down to the ground without “plopping” • Stands independently • Takes steps holding your hand • May begin to take independent steps • Gets up to a sitting position themselves • Claps hands together • Uses a pincer grasp • Puts toys into a container • Pokes with index finger |

**consult with your pediatrician if you have any concerns regarding your child's development*

Years 2 to 5

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| <p>13-15 months</p> | <ul style="list-style-type: none"> • Kneels up tall on their knees • Walks independently without support • Crawls up the stairs • Gets up to a standing positioning in the middle of the room • Squats down to pick up a toy on the floor while walking • Able to stack two objects/blocks • Points with index finger |
| <p>16-18 months</p> | <ul style="list-style-type: none"> • Walks up the stairs placing both feet on each step while holding onto a hand rail or has hands held • Crawls down stairs backwards and may walk down with both feet on each step with both hands held • Takes steps backwards • Kicks and throws a ball a short distance • Walks fast and seldom falls • Manages riding toys • Spoon feeding • Holds crayon with a fist and scribbles |
| <p>24-29 months</p> | <ul style="list-style-type: none"> • Walks on a balance beam with hand held • Walks up stairs both feet on each step and not holding on • Runs well • Stands on one foot briefly; Stands on tiptoes • Climbs up and down from furniture without help • Builds a tower of four or more blocks • Uses two hands with opposing movements (e.g. stringing large beads) |
| <p>2 1/2-3 years</p> | <ul style="list-style-type: none"> • Walks up the stairs with one foot on each step with railing • Walks down the stairs with both feet on each step without a railing • Balances on one foot for 2 to 3 seconds • Walks on tiptoes • Walks on a balance beam without hand held • Jumps forward 1-2 feet; Jumps down from a high step and lands on two feet • Child uses a fork |
| <p>3-4 years</p> | <ul style="list-style-type: none"> • Rides a tricycle • Hops on one foot 2 to 5 times on each leg • Balances on one foot 3 to 5 seconds • Walks up the stairs step-over-step without a railing • Walks down the steps step-over-step with a railing • Runs with arms swinging back and forth • Throws well overhand and underhand • Displays a definite preferred hand • Holds a marker or crayon in an "adult-like" manner (tripod grasp) • Copies a circle • Dresses and undresses self; unbuttons clothing |
| <p>4-5 years</p> | <ul style="list-style-type: none"> • Balances on one foot 5 to 8 seconds • Walks on a balance beam forward, sideways and backwards • Walks down stairs step-over-step without a railing • Kicks a rolling ball • Imitates movements correctly • Buttons front-opening clothing • Cuts out shapes • Copies a square |

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