

TYPICAL MOTOR MILESTONES THAT INDICATE THAT THE BABY'S BRAIN AND BODY IS DEVELOPING

	GROSS MOTOR SKILLS GROSS MOTOR = BIG MUSCLES	
AGE	NON-LOCOMOTOR SKILLS	LOCOMOTOR SKILLS
BIRTH	Turns head Latches and suckles Lifts head slightly	Prefers lying on tummy
1 MONTH	Holds head erect and steady	Stepping reflex Prefers lying on back
2 - 3 MONTHS	Lifts head and chest with arm support, holds head up to 90° when lying on tummy	When on tummy, can lift head and extend legs
4 - 6 MONTHS	Holds head up when sitting supported on lap	When on tummy can lift head to 90° and extend arms and legs Rolls from tummy to back
7 - 9 MONTHS	Head turns with ease while in upright position When on back, lifts feet to mouth Bounces when held in standing position	Rolls over Sits without support
10 - 12 MONTHS	Sits indefinitely and rotates Squats and stoops while holding on Pulls him/herself to standing position May sit from standing position	Moves on hands and knees – crawls Stands against furniture Cruises crab-like around furniture
13 - 18 MONTHS	Rolls ball to mom	Walks without help Walks backwards and sideways Runs

	FINE MOTOR SKILLS FINE MOTOR = SMALL MUSCLES	
AGE	MANIPULATIVE SKILLS	HAND-EYE CO-ORDINATION
BIRTH	Reflexive grasp Hands and feet kneads while suckling	Eyes are unfocused but search to make eye contact
1 MONTH	Grasps reflexively when an object is placed in hand	Looks at an object held to the side Eyes attempt to work together
2 - 3 MONTHS	Begins to swipe at objects in view	Starts to follow an object within a limited range
4 - 6 MONTHS	Discovers hands Voluntarily grasps an object	Follows an object 180° with eyes Reaches for and grasps objects Eyes look at an object held right in front of him
7 - 9 MONTHS	Voluntarily grasps an object without involvement of thumb and forefingers and brings objects to the mouth	Cannot pick up a tiny object yet, but does reach for it
10 - 12 MONTHS	Reach and grasp Transfers objects from one hand, to the other Uncovers a toy hidden under material	Can reach for and pick up a tiny object Pokes at objects using forefinger Starts using a pincer grip (thumb and fore finger)
13 - 18 MONTHS	Signs of hand preference Stack blocks Grasps spoon across palm, aims food to mouth	Enjoys putting objects in containers and taking them out Loves dropping objects