

A Busy Mom's 1-Page Cheat Sheet: My Motor Milestone Chart

0-2 Months

- Developing head control
- Holds head up on tummy / in supported sitting
- Turns head from side-to-side and pushes through forearms on tummy
- When held in standing, puts weight through feet

6-7 Months

- Pushes through hands and pivots on tummy
- Starts to sit with little help / hand support
- Reaches for toys
- In side sitting, comfortably plays with toys
- In unsupported sitting, plays with hand-held toy
- From a seated position, shift weight from bottom to bottom and breaks fall with open hand
- Rolls in both directions
- Bounces in standing

10-12 Months

- Can crawl over parents legs
- Pulls to stand, leading with one leg followed by the other
- Independent standing for ~5 seconds
- In standing while holding on, can pick up objects from ground
- Cruising
- Takes few independent steps

19-24 Months

- Kicks a ball
- Stands up on tippy toes
- Running emerges
- Climbs up stairs independently whilst holding on

4 Years

- Can undo buttons
- Grasps onto pencil with fingers and thumb (Tripod grasp)
- Hops and skips
- Single-leg balance for few a seconds
- Jumps over small obstacles
- Changes direction when running without losing balance
- Catches a ball

3-5 Months

- Improved head control
- While lying on back, brings feet and hands to mouth
- When on back, swings at toys using arms
- Uses hands to stay balanced in sitting
- Holds onto toys in hand when given, transfers toy between hands
- Rolls tummy to back

8-9 Months

- Emerging pincer grip; picks up smaller objects with thumbs and fingers
- Transitions sitting to tummy and tummy to sitting
- In unsupported sitting, visually tracks objects and reaches for toys without falling
- Gets in and out of sitting position
- Transitions from sitting to tummy
- Pulls to stand, and stands whilst holding on
- Emerging cruising; whilst holding on, takes few steps
- Creeping / Crawling emerges

12-18 Months

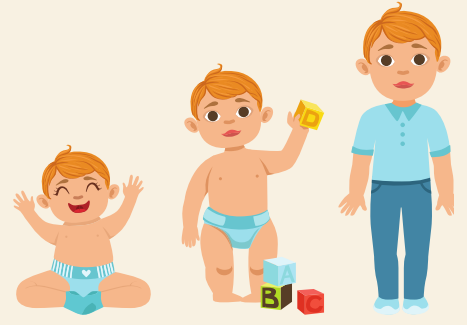
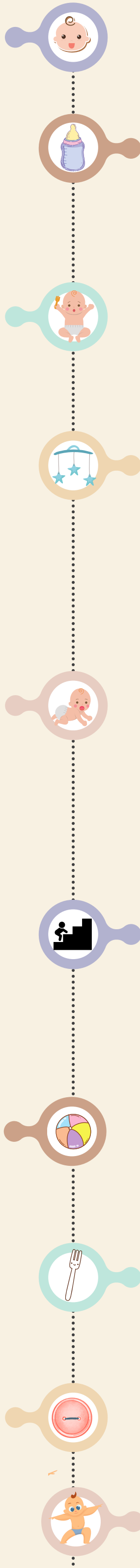
- Grasp onto pencil with fist (Palmar grasp)
- Rolls ball in sitting
- Climbs on/off furniture without assistance
- Crawls up/down stairs
- Plays in tall knees unsupported
- Stands from floor unsupported
- Independent standing for ~10 seconds
- In standing, can pick up objects from ground unsupported
- Walks independently for moderate distances ~300m and seldom falls
- Walks backwards whilst pulling toy

3 Years

- Uses both hands to open jar
- Uses a fork during mealtimes
- Can complete threading tasks e.g. beads on a string
- Dresses/Undresses some clothing independently
- Runs well
- Walks up/down stairs independently with alternate feet
- Jumps with both feet
- Hopping emerges

5 Years

- Can redo buttons
- Single-leg balance for ~10 seconds



Early intervention is essential to support your child's development.

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