

Gross Motor Checklist

Is your child on track with their milestones?

0-3 Months

- Raises head and chest when on tummy
- Stretches and kicks on back
- Opens and closes hands
- Brings hand to mouth
- Rotates head from cheek to cheek on tummy
- Props on forearms when laying on tummy
- Bears weight through feet when held in standing

3-6 Months

- Brings hands and feet to mouth to play
- Supported sitting and prop sitting with hands
- Good head control, can hold to midline
- Holds trunk off legs while sitting (5+ m)
- Rolls tummy to back
- Straightens arms and bears weight on palms during tummy time
- Visually tracks a toy while on back
- Reaches with either hand and can hold a toy
- Transfers toy from hand to hand
- Supports whole weight on legs
- Begins to pivot left and right while on tummy
- Lifts head & helps during pull to sit

6-9 Months

- Rolls back to tummy and tummy to back without arching
- Sits independently with a straight back
- Holds and plays with a toy while sitting
- Able to break a fall with an open hand while sitting
- Plays while side-sitting
- Transitions from sitting to crawling
- Pushes up to hands and knees
- Army crawls and pivots on belly
- Plays on knees
- Transitions from sitting to tummy
- Supports weight and bounces while standing, around 7 months

10-12 Months

- 4 point crawls after 3-4 weeks of army crawling
- Pulls to stand on toy or furniture
- Can stay standing if holding on
- Transitions from tummy to sitting
- Transitions from back to sitting
- Independent standing for 3-5 seconds
- Crawls over parent's leg
- Squats to get a toy at a support surface
- Cruises along furniture and/or walls
- Pulls to stand with 1 leg leading at a time

We can help.

If you have concerns about your child's gross motor development, early intervention can make all the difference. Call **770-998-9599** to learn how our team can help.



Gross Motor Checklist *(continued)*

**18
Months**

- Walks independently
- Pushes and pulls toys
- Squats to pick up a toy and returns to standing without falling
- Carries small toys
- Creeps up stairs
- Begins to run (using stiff legs)

**24
Months**

- Walks up steps without help
- Walks backward
- Can stand on tip toes
- Tosses or rolls a large ball
- Kicks a ball
- Climbs on/off furniture independently

**3
Years**

- Opens doors
- Can throw a ball over hand
- Attempts to catch a large ball
- Walks up steps with alternating feet
- Can walk on tip toes (but not all the time)
- Walks in a straight line
- Kicks a ball forward
- Jumps with 2 feet
- Pedals a tricycle

**4
Years**

- Hops on one foot
- Stands on one foot for 5 seconds
- Catches a bounced ball consistently
- Walking forward and backward with changes in direction without difficulty
- Walks downstairs with one handrail and
- Throws a ball and is able to hit a target

**5
Years**

- Stands on one foot for 10 seconds
- Swings and climbs on playground without difficulty
- Walks up and down stairs with alternating feet without support
- Begins to skip
- Runs with changes in direction without difficulty

Cobblestone Therapy Group

Call **770-998-9599** to schedule a Physical Therapy evaluation or visit **cobblestonetherapy.com** to learn more about how we can make a difference for your family.

Cobblestone Therapy Group is a comprehensive pediatric therapy provider, offering Speech, Feeding, Occupational, and Physical Therapy services and has proudly served the greater Atlanta area since 2006.