

# Health & Motor

## DEVELOPMENTAL MILESTONES

### 0-3 MONTHS

- Stretches legs out and kicks when lying on stomach or back
- Raises head and chest up when lying on tummy
- Pushes down on legs when feet are on a hard surface
- Begins to make smoother movements with arms and legs by 3 months old
- Opens and shuts hands
- Brings hands to mouth
- Grasps with entire hand when finger or rattle is placed in palm
- Focuses on objects up close (6-12 inches away)
- Prefers to gaze at black-white contrast and human faces
- Tracks slow moving objects with eyes

### 3-6 MONTHS

- Holds head steady, unsupported
- Rolls from back to tummy and tummy to back
- Pushes up on forearms when lying on tummy
- Begins to sit with support
- Pushes down on legs or bounces on feet when supported in a standing position
- Reaches, grasps and holds objects
- Uses both hands to explore toys and bring them to mouth
- Shakes and bangs objects
- Grasps and plays with feet while lying on back
- Focuses eyes on small objects up close as well as objects a few feet away
- By 5 months, develops good color vision
- Reaches for spoon while being fed
- Closes mouth firmly or turns head away when hunger is satisfied
- Teeth may begin to appear
- Begins to sleep for a longer period through the night

### 6-9 MONTHS

- Crawls on hands and knees
- Can get into sitting position by self
- Sits without support
- Holds one thing in each hand at the same time
- Transfers object from one hand to the other hand
- Picks up small objects using pincer grasp
- May drool and enjoy chewing toys during teething
- Holds own bottle
- Places pacifier in own mouth
- May begin sleeping through the night

9-12  
MONTHS

- Changes positions without help (between crawling, sitting, standing)
- Pulls self to stand
- Cruises or walks holding on to furniture
- May stand alone
- May take a few steps or walk while holding adult's hands
- "Dances" or moves body to music
- Bangs two small objects together
- Puts objects in and out of container
- Waves bye-bye
- Claps hands
- Sees distant objects (15-20 feet away)
- Drinks from cup with assistance
- Finger feeds self; may remove food from mouth, look at it, and put it back in

12-18  
MONTHS

- Rolls a ball
- Climbs up stairs
- Walks independently
- Squats to pick something up
- Pushes/pulls toys while walking
- Points to things
- Turns board book pages
- Holds crayon in fist and makes marks on paper or surface
- Begins to stack blocks
- Holds and drinks from cup by self
- Begins to eat with a spoon with some spilling
- Begins to help with undressing

18-24  
MONTHS

- Climbs on/off furniture without help
- Walks up and down stairs holding on
- Begins to run
- Throws a ball
- Kicks a ball
- Uses feet to propel riding toys
- Takes linking toys apart and puts them back together (e.g., snap lock beads)
- Pours, fills and digs (e.g. sand, water)
- Scribbles
- Starts to eat with a fork
- Helps with dressing
- Lets caregiver know when diaper is wet or soiled
- Helps pick up and put away toys
- Pays attention to verbal safety warnings (e.g., "That's hot!")

## 24-36 MONTHS

- Climbs well
- Runs easily
- Jumps in place
- Rolls, pounds, squeezes, pulls playdough
- May start to hold a crayon between thumb and fingers
- Scribbling becomes more varied to include vertical lines, horizontal lines, and circles
- Learns to turn paper pages, may turn 2 to 3 pages at a time
- Completes simple puzzles
- Stacks a tower of blocks
- Strings large beads together
- Turns a doorknob
- Screws/unscrews a lid
- Undresses by self, unzips zippers, and takes off shoes
- Shows signs of readiness for toilet training (e.g., stays dry for longer periods of time)
- Washes and dries hands
- Begins to brush teeth with adult assistance
- Enjoys helping with simple household chores (e.g. wiping the table, feeding a pet)
- Tells where it hurts when in pain

## 36-48 MONTHS

- Catches a big ball with arms extended
- Pushes, pulls, steers wagon or wheeled toys
- Walks up and down stairs with alternating feet
- Jumps off low step
- Stands on one foot for a few seconds
- Climbs ladder and uses slide
- Pedals a tricycle
- Does finger plays while singing songs
- Forms simple shapes out of playdough (e.g. balls, snakes)
- Colors pictures, may color outside the lines
- Copies a circle and a cross
- Begins to draw recognizable forms
- Begins to show a preference for being right-handed or left-handed
- Builds 3-dimensional structures with blocks
- Snips with scissors
- Blows nose when reminded
- Dresses self with some assistance
- Unbuttons large buttons
- Uses toilet independently during daytime
- Pours liquid from small pitcher with supervision
- Spreads with a butter knife with supervision
- Can recite familiar safety rules