GROSS MOTOR milestones

**BIRTH**

- **2-3 MONTHS**
  - Assumes prone on elbows

- **3-4 MONTHS**
  - Rolls supine to side lying

**5 MONTHS**

- Pull to sit without head lag
  - Feet to mouth
  - Self-supported sitting
  - Rolls prone to supine

**6-7 MONTHS**

- Rolls supine to prone
  - Sits alone with support
  - Protective extension forward only
  - Quadraped to/from sitting
  - Belly crawling

**6 MONTHS**

- Rolls supine to prone
  - Sits alone with support
  - Protective extension forward only
  - Quadraped to/from sitting
  - Belly crawling

**8-9 MONTHS**

- Cruises sideways
  - Protective extension laterally bilaterally
  - Creeps
  - Pulls to stand at furniture
  - Standing while holding something

**10-11 MONTHS**

- Protective extension backward
  - Stands alone for short periods
  - Walks with 1 HHA

**12 MONTHS**

- Protective extension backward
  - Stands alone for short periods
  - Walks with 1 HHA
12 MONTHS
- Walks independently
- Squats to play & resumes standing
- Creeps upstairs

12 - 15 MONTHS

14 - 19 MONTHS
- Runs "errily"
- Walks up & down stairs
- Holds railing (step-to)

18 MONTHS

24 MONTHS
2 YEARS

WALK BACKWARDS

2-2.5 YEARS

WALKS UP & DOWN STAIRS WITHOUT SUPPORT (STEP-TO)

3 YEARS

EMERGING ADULT-LIKE GAIT

JUMPS WITH 2 FEET TOGETHER

ABLE TO RISE ON TOES & MAINTAIN

THROWS PERPENDICULAR TO TARGET

3 YEARS

4 YEARS

WALKS UP & DOWN STAIRS WITHOUT SUPPORT (ALTERNATING)

TANDEM WALKING

5 YEARS

Skipping

SLE for 10 sec

Hops 8-10x on one foot

Mature throwing pattern

diagonal arm giving
LE A/P weight shift