

The following is a list of basic gross motor development milestones. A physical therapy evaluation would be recommended if the child lacks these skills.

<u>Age</u>	<u>Gross Motor</u>
0-4 Months	Head bobs but stays mostly erect Rolls from side onto back and back to side Pushes up on forearms Kicks feet alternately Bears weight on feet for 1-2 seconds
5-6 Months	Props with extended arms Rolls from stomach to back and back to stomach Aligns head with body when pulled to sit
7-10 Months	Sits steadily Crawls and creeps on floor May pull up to kneel standing or standing with furniture support
11-14 Months	Stands and cruises around furniture Begins to take steps independently Creeps up stairs Throws a ball with some cast
15-18 Months	Walks sideways Walks upstairs held by hand Creeps backward down stairs Creeps backward down stairs Seats self in small chair
19-24 Months	Runs well Jumps in place
25-30 Months	Goes up and down stairs without help Kicks a ball
31-35 Months	Walks with heel-to gait Walks with reciprocal arm swing Goes up stairs alternating feet Rides a tricycle beginning to use pedals
3-5 Years	Hop and Skips