

## **Gross Motor Development:**

### **0-3 Months:**

- Begin lifting head when lying on tummy
  - Tummy time tip: If baby is having a hard time lifting head while laying on tummy, place hand on baby's bottom to shift weight away from upper body. (options: lay baby on your chest; place a rolled-up towel under baby's chest; do tummy time over your legs or therapy ball).

### **3-5 Months:**

- Begin propping on forearms while lying on tummy and sustaining head in mid line for longer periods of time
- Bringing hands to mid line when lying on back/bringing feet to hands when lying on back

### **6-7 Months:**

- Pushing up onto extended arms when lying on tummy
- Consistently rolling back to belly and belly to back
- Sitting balance beginning to improve
- Pivoting on tummy

### **8-9 Months:**

- Begin crawling independently
  - Note: baby may begin with army crawling on belly moving forward and backwards before getting onto all fours to crawl/move around
- Getting into sitting position independently from lying on back or belly
- Can be left alone in sitting – should be able to reach for toys while maintaining balance

### **9-11 Months**

- Begin pulling to stand at support surfaces and cruising to left and right

### **12-15 Months**

- Begin independent standing/independent walking – getting up from the floor through bear stance

## **18 Months**

- Able to perform backwards walking (i.e. may try to pull toys backwards)

## **2-3 Years**

- Standing on tip toes, running, jumping
- Walking up/down stairs while holding on (one foot per step ~3 y/o)
- Throwing/kicking a ball

### **Other Things to Keep in Mind:**

Throughout development keep an eye out for symmetry of movements. Be sure that your child is able to perform skills to both right and left sides and does not develop a strong preference for one side versus the other.

During early development (0-6 months), be sure your baby is able to turn head to both sides equally and does not constantly hold head tilted or rotated to one side.

The most important thing to remember during early development (0-6 months) is the importance of tummy time. Although your baby may not enjoy being in this position, it is crucial for the development of head control and general strength in order to create a foundation for continued development of gross motor skills as well as cognition.