

# Disclaimer

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# First Year Gross Motor Milestones

## **Birth – 2 months**

- Baby raises head slightly off the floor when placed on their stomach
- Alternating leg kicks
- Holds up head momentarily when supported
- Will thrust arms in play

## **3 Months – 5 Months**

- When on stomach and propped on forearms lifts head and chest off the floor
- Brings hands into midline
- Bats randomly at objects
- Rolls from stomach to back
- Brings hands together at midline
- Grasps objects voluntarily
- Transfers toys from hand to hand

## **6 Months – 8 Months**

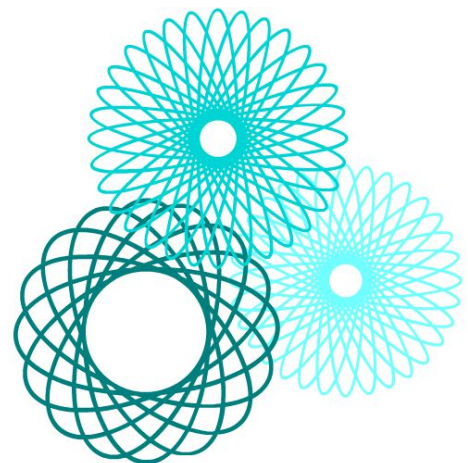
- Sits independently
- Reaches for objects when on stomach
- Rolls from back to stomach
- Stands with support
- Pivots on stomach
- May start to pull along on stomach (army crawl)

## **9 Months – 11 Months**

- Moves in and out of sitting independently
- Pulls to stand
- Creeps or Crawls
- Cruises
- Stands alone for a brief period of time
- Early walking may begin
- May begin to creep up stairs

## **12-15 Months**

- Stands without support
- Begins walking
- Crawls up onto furniture
- Able to start, stop, and turn without falling
- Begins to run



The First Year Gross Motor Milestones printable is to be used as a guide. It is not to be used as a diagnostic tool or clinical tool. If you have any concerns please contact your physician.

# Credits

