Motor Milestones

Keywords
Hits 1778
URL

MOTOR TASKS YOU CAN EXPECT YOUR CHILD TO HAVE REACHED AT CERTAIN AGES:

3 MONTHS
• lift head when held at your shoulder
• lift head and chest when lying on his stomach
• turn head from side to side when lying on his stomach
• follow a moving object or person with his eyes
• often hold hands open or loosely fisted
• grasp rattle when given to her
• wiggle and kick with arms and legs

6 MONTHS
• holding their heads up when being held in a sitting position
• rolls
• rushing themselves up onto their arms when on belly
• pivot body when on belly
• sit momentarily when leaning
• hold head steady when sitting with your help
• reach for and grasp objects play with his toes
• help hold the bottle during feeding
• explore by mouthing and banging objects
• move toys from one hand to another
• shake a rattle
• pull up to a sitting position on her own if you grasp her hands
• sit with only a little support
• sit in a high chair
• bounce when held in a standing position

1 YEAR
• sit without support
• crawl
• walk while holding something for support (a hand or toy)
• imitate you as you roll a ball
• pull to stand and cruise around furniture
• stand for a few seconds
• drink from a cup with help
• feed herself finger food like raisins or bread crumbs
• grasp small objects by using her thumb and index or forefinger
• use his first finger to poke or point
• put small blocks in and take them out of a container
• knock two blocks together
• cooperate with dressing by offering a foot or an
• pick things up with pincer grasp (thumb and one finger)
• transfer objects from one hand to the other
• release objects (purposefully)
• put objects into and take objects out of containers with large openings
• hold a spoon

18 MONTHS
• like to pull, push, and dump things
• pull off hat and socks
• turn pages in a book
• stack 2 blocks
• carry a stuffed animal or doll
• scribble with crayons
• walk without help
• run stiffly, with eyes on the ground

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