

Developmental Milestones Checklist

0-3 Months

- Lifts head briefly in prone
- Moves arms and legs simultaneously/ opens and closes hands
- Tracks and reaches for objects
- Rotates head side to side
- Improved head control when held/ pulling to sitting
- Props on forearms/lifts head and chest when on tummy for a few seconds (3 Months +)
- Able to sit with full support (3 Months +)

3-6 Months

- On tummy extends arms to weight bear through hands (4 Months +)
- No head lag/full head control
- Grips/ shakes toys
- Pivots left and right on tummy
- Starts to roll - tummy to back (5 months +)
- Sits unsupported for a few seconds (6 Months +)
- Pulls to sitting with hands held
- Brings hands and feet to mouth
- Can weight bear through feet when held (6 months +)

6-9 Months

- Starts to roll - back to tummy (6 Months +)
- Brings knees up towards chest when on tummy (7 Months +)
- Reaching for toys when on tummy
- Army crawls then after 4-6 weeks attempts to crawl often backwards at first (7 - 8 Months +)
- Saving reactions present
- Gets to and from sitting position/ is able to side sit (9 months +)
- Gets from sitting position to 4 point kneeling
- Step response when held under arms/ begins to support weight when hands held

9-12 Months

- Reaches for toys whilst sitting independently (9 Months+)
- Transitions from 4 point kneeling to high kneeling with support (9 Months +)
- Pulls to stand with furniture (9 Months+)
- Crawls independently (10 Months+)
- Climbs first step and slides down
- Stands when holding onto furniture for support/ leans towards an object on the floor (11 Months +)
- Cruises around the room using furniture for support (11 Months +)
- Walks forwards and sideways with hands held (12 Months +)

12 - 14 Months

- Stands without support for a few seconds (12 Months +)
- More confident climbing stairs
- Plays on knees
- Can walk with wheeled toy for support (13 Months +)
- Can get from floor to standing (14 Months +)
- Starts to walk voluntarily taking steps on their own but often falls
- Squats for toys and returns to standing when holding on (may attempt this independently)
- Gets from standing to sitting by collapsing backwards or falling forwards

15 - 19 Months

- Kneels Independently (15 Months +)
- Climbs stairs safely
- Walks independently and can change direction
- Attempts to kick ball but will likely miss
- Walks independently both inside and outside (16 Months +)
- Squats to pick up objects whilst walking without falling
- Walks fast as if to run (18 Months +)
- Climbs into chair and sits
- Pushes large objects on floor

Developmental Milestones Checklist

20 - 24 Months

- Walks backwards
- Improved balance and coordination, less falls.
- Climbs on and off chairs
- Runs short distances without falling (20 - 21 Months +)
- Walks up and down stairs hands held with a step-to gait (22 Months +)
- Jumps down off step
- Catches and throws ball in sitting
- Stands on tip toes
- Dances to music

30 Months

- Walks up stairs independently with step-to gait
- Jumps with both feet together off floor
- Jumps over small obstacles
- Manoeuvres around obstacles on the floor
- Runs longer distances with confidence (31 Months +)
- Stands on one foot
- Improved dexterity
- Uses pedal toys
- Accurately copies others movements
- Navigates ladders and slides

3 Years

- Runs fast with confidence and can manoeuvre obstacles
- Catches and throws ball in standing
- Able to ride a tricycle using pedals
- Walks on tip toes
- Walks in straight line
- Can kick a ball
- Developing pincer grip and improving fine motor skills
- Walks up small slopes
- Sits crossed legged
- Walks up steps with alternating feet whilst holding onto rail (3 1/2 Years +)
- Attempts to hop 1 or 2 times with encouragement

4 Years

- Runs and stops without falling
- Combines tasks for example, walking upstairs holding and object.
- Hops on one foot
- Stands on one foot for 5 secs
- Can stand run and walk on tiptoes
- Attempts to skip with a rope
- Completes forward roll
- Catches a bounced ball consistently
- Moves forward and backward efficiently without loss of balance
- Attempts to hit ball with a racket

5 Years

- Swings and climbs on playground equipment efficiently
- Walks up and down stairs alternating feet independently and without support
- Runs while changing directions efficiently
- Runs upstairs quickly
- Skips on alternate feet
- Can kick a ball confidently with good power
- Stands on one foot for 10 seconds +

5 Years continued...

- Walks longer distances – increased exercise tolerance
- May be able to ride a bike without stabilisers
- Begins to master using a skipping rope