

# GROSS MOTOR Milestone Chart



Birth -  
24 Months

## REFERENCES:

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# GROSS MOTOR Milestone Chart

*Birth - 24 Months*

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## 0-3 Months

- Turns head to each side when on back
- Holds head up 45 degrees when on tummy
- Head bobs upright in supporting sitting
- Random body movements

## 3-6 Months

- Lifts chest from surface when on tummy
- Pushes up on straight elbows on tummy
- Rolls belly to back
- Sits with slight support or independently for brief moments
- Pivots around on belly
- Actively moves head when supported in sitting
- Head control in all positions

## 6-9 Months

- Sits independently
- Rolls back to belly
- Stands, holding on (may bounce on legs)
- Pulls to stand at furniture
- Belly crawls
- Gets into hands and knees position

## 9-12 Months

- Transitions from sitting to belly
- Creeps on hands and knees
- Stands momentarily
- Cruises along furniture
- Walks with hands held

## 12-18 Months

- Stands alone well
- Kneels
- Walks without support
- Creeps upstairs
- Walks with feet closer together and improving balance
- Runs- hurried walk
- Walks backward
- Walks upstairs with hand held

## 18-24 Months

- Kicks a ball forward
- Runs fairly well
- Moves on ride-on toys without pedals
- Walks downstairs with one hand held
- Climbs into adult chair
- Picks up toys from floor without falling
- Squats in play without losing balance
- Walks upstairs alone, both feet on step
- Walks downstairs holding rail, both feet on step