

## Motor Development Roadmap: 0 - 12 Months

### 2 Months

- Begins to hold head up in supported sitting
- Bears weight through feet when supported in standing
- Can lift and turn their head when on tummy
- Kicks legs in alternating pattern when laying on back
- Brings hands to mouth
- Gazes at faces and tracks toys

### 6-7 Months

- Rolls back to tummy and tummy to back
- Begins to sit on their own
- Begins to catch themselves with an open hand when they fall to the side
- Pivots side to side on tummy to grab for toys
- Can stand for short periods with assistance

### 9-10 Months

- More proficient with crawling
- Can transition between laying down, sitting and crawling easily on their own
- Pulls to stand on furniture
- May stay standing or even begin to cruise

### 3-5 Months

- Can hold their head up in supported sitting
- Can prop on their forearms in tummy time
- Brings hands and feet to mouth
- Roll from their back to their side
- Can reach for and hold toys when laying down
- Begins to straighten arms and bear weight through hands in tummy time

### 8 Months

- Sitting up well; can play with toy
- Belly or hands and knees crawling
- Begins to transition from sitting to laying down on their own
- Begins to pull up on furniture using arms
- Plays in kneeling position
- Bounces when in standing

### 11-12 Months

- Can stop from falling backwards by supporting weight with arms
- Cruising (side stepping at furniture) more proficiently
- Squatting to retrieve toy
- May begin to take steps with hand held assist

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