

Motor Development Chart (Birth to 72+ Months)

0 to 2 Months	3 to 5 Months	6 to 8 Months	9 to 11 Months	12 to 14 Months	15 to 18 Months	19 to 24 Months	25 to 30 Months	31 to 36 Months	37 to 42 Months	43 to 48 Months	49 to 54 Months	55 to 60 Months	61 to 72+ Months
<ul style="list-style-type: none"> Lying on back, bends and straightens legs When held in standing position, bears weight with knees flexed and feet flat Lifts and turns head so opposite cheek touches surface on tummy On tummy, makes crawling movements Head bobs a little in supported sitting 	<ul style="list-style-type: none"> Elevates head and upper trunk 45 degrees, bearing weight on forearms to see toy Rolls from back to left and right sides with opposite arm crossing the midline Brings both feet to mouth for play or grabs feet with hands while on back Holds head aligned while rotating head to follow toy Maintains balance while sitting with slight support Holds head in line with body or with chin tucked when pulled to sitting. May pivot in circle on tummy 	<ul style="list-style-type: none"> Rolls from back to stomach From stomach, elevates head and stomach, bearing weight on palms Uses arms to move forward 3 feet Sits unsupported Breaks fall by extending arm and supporting self with open palm when tilted to one side or forward Pivots in circle on tummy May assume hands and knees position 	<ul style="list-style-type: none"> Rocks back and forth on hands and knees Maintains sitting posture and uses hands and legs to scoot forward 3 feet Creeps completely over adult's legs Takes 4 alternating steps in place or forward Lying on stomach, raises to sitting position Stops fall by extending arm(s) backward and supporting weight on open palm(s) Pivots in sitting Cruises using one to two hands at support Lowers to floor with control May stand alone briefly 	<ul style="list-style-type: none"> Uses alternating steps to walk 8 feet while holding adult's hand Walks unaided for 5 steps Picks up toy, returns to standing, and takes 3 steps without losing balance Creeps up 2 steps on hands and knees Walks 10 feet with narrow base of support, heel-toe gait Squats in play Without losing balance, corrals 8 inch ball with arms and/or hands 	<ul style="list-style-type: none"> Creeps backward down 3 steps without support Walks up 4 steps without support (may place 1 or both feet on each step) Walks 10 feet quickly Walks backward 5 steps Lifts foot and contacts 8 inch ball Maintaining balance, throws 3 inch ball by extending arm 	<ul style="list-style-type: none"> Runs forward 10 feet Walks with 1 foot on 4 inch line for 6 feet Jumps forward 4 inches without falling Jumps down 1 step without assistance (1 foot may lead) Walks up 4 steps without support from wall or rail Kicks ball forward 3 feet Throws small ball overhand 3 feet forward before it touches floor 	<ul style="list-style-type: none"> Walks down 4 steps without support (may place 1 or both feet on each step) Walks backward 10 feet Placing 1 foot on each step, walks up 4 steps (may use wall or rail for support) Walks on tip toes for 5 steps Rides tricycle using pedals Walks between parallel lines 8 inches apart Initiates overhand throw by moving arm upward and back, small ball travels 7 feet before touching floor Initiates underhand throw by moving arm down and back, small ball travels 7 feet before touching floor 	<ul style="list-style-type: none"> Using 2-footed takeoff and landing, jumps forward 24 inches Using 2-footed takeoff and landing, jumps over string 2 inches off floor without tripping Placing 1 foot on each step, walks up and down steps without support Stands on 1 foot for 3 seconds Hops on 1 foot Stands on 1 foot for 1 to 5 seconds Climbs jungle gyms and ladders Makes sharp turns when running Catches 8 inch ball with arms extended 	<ul style="list-style-type: none"> Using 2-footed takeoff and landing, jumps forward 26 inches With hands on hips and without heels touching toes, walks forward 4 feet on 4 inch line without stepping off Runs with arms moving back and forth across body and below waist, balls of feet used to push forward, toes pointed forward, a high knee and heel lift, and trunk leaning forward Walks forward 8 feet on 4 inch line without stepping off Stands on 1 foot for 5 seconds Using upper trunk rotation, arms and legs moving in opposition, and initiating overhand throw by moving arm up and back, throws small ball 10 feet forward Using an underhand toss, hits target with small ball With arms bent, elbows and palms up or facing each other, catches 8 inch ball with hands securing it to chest if necessary 	<ul style="list-style-type: none"> Placing 1 foot on each step, walks down 4 steps without support from wall or rail Jumps forward 6 inches on 1 foot Runs and stops without falling Walks backward 4 feet without stepping off 4 inch line Using 2-footed takeoff and landing, jumps forward at least 30 inches Hops forward on 1 foot Gallops forward Using on overhand toss, hits target from 5 feet Using hands only, catches small ball thrown from 5 feet away 	<ul style="list-style-type: none"> With toes touching heels, walks backward 5 steps without stepping off 4-inch line Completes forward roll without turning more than 15 degrees to either side Jumps forward 36 inches Jumps and turns so feet land in opposite direction from starting position. Hops 3 feet on 1 foot Using and overhead toss, hits target from 12 feet 	<ul style="list-style-type: none"> Using 2-footed takeoff and landing, jumps over string 10 inches off floor without tripping Skips maintaining balance, using opposing arm and leg movements With feet together, jumps back and forth across line taped on floor Stands on each foot for 10 seconds Completes 3 sit-ups Walks heel to toe 	<ul style="list-style-type: none"> Completes 5 sit-ups Performs 8 push-ups Bounces and catches small ball