

# IS YOUR CHILD HITTING THEIR GROSS MOTOR DEVELOPMENTAL MILESTONES?

## 3-5 MONTHS

- WHEN ON TUMMY, CAN LIFT HEAD AND UPPER TRUNK TO 45°, SUPPORTING WEIGHT ON FOREARMS
- ROLLS FROM BACK TO BOTH SIDES
- SITS INDEPENDENTLY USING ARMS FOR SUPPORT & ROTATES HEAD TO FOLLOW A TOY

## 6-8 MONTHS

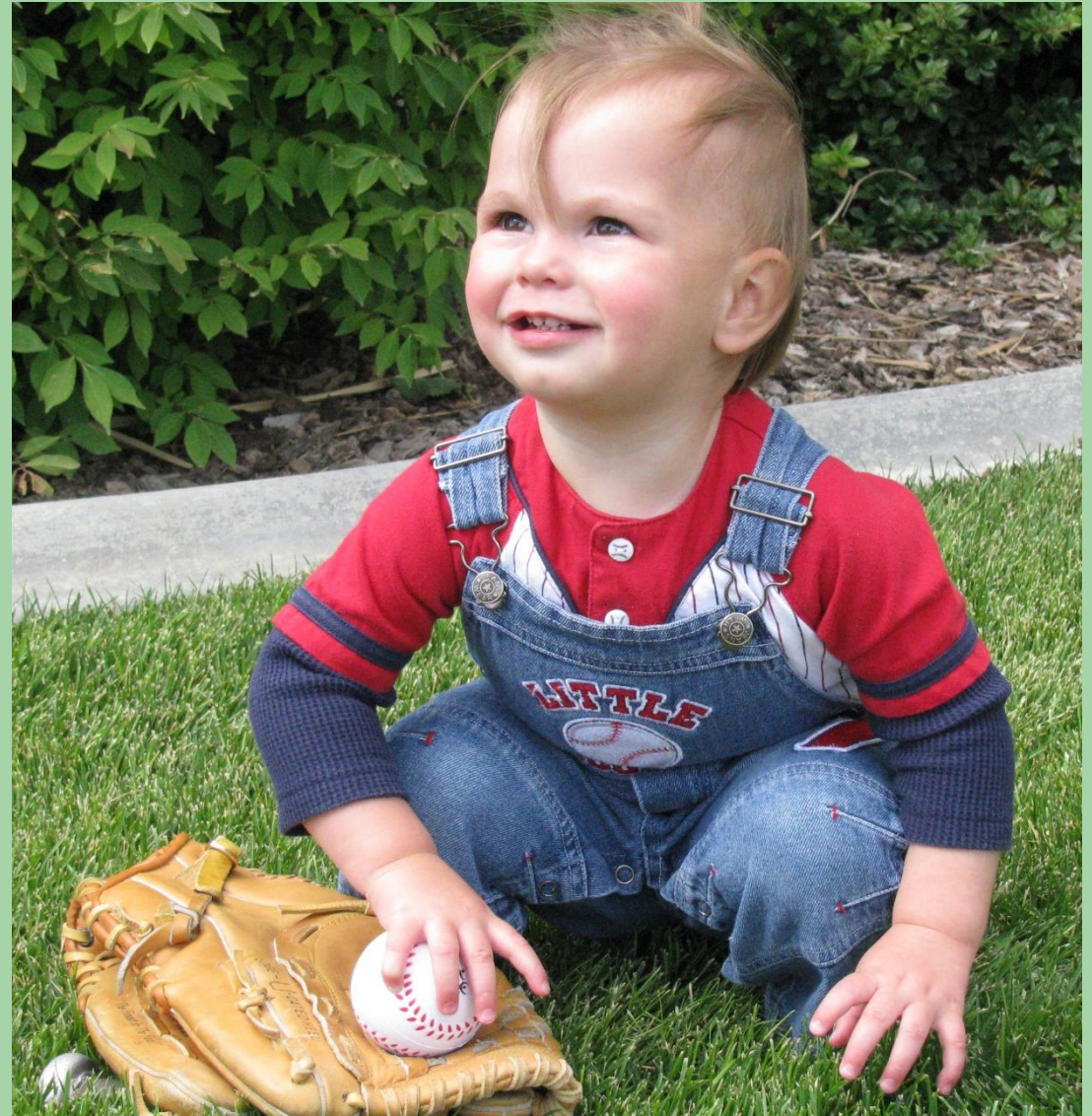
- WHEN LYING ON TUMMY CAN SUPPORT WEIGHT ON HANDS AND REACH FOR A TOY
- MOVES FORWARD ON STOMACH 3 FEET
- SITS INDEPENDENTLY & CAN USE ARMS TO REACH

## 9-11 MONTHS

- RAISES UP TO HANDS & KNEES & ROCKS FRONT TO BACK
- ARMY CRAWLS ON STOMACH
- BALANCES IN STANDING FOR 5 SECONDS
- RAISES UP TO STANDING USING SOLID SURFACE & CAN SIDE STEP

## 12-14 MONTHS

- STANDS UNSUPPORTED
- WALKING INDEPENDENTLY 5-10 STEPS
- USING ARMS, ROLLS 8 INCH BALL FORWARD & CATCHES 8 INCH BALL ROLLED TO THEM
- GOES UP 2 STAIRS ON HANDS & KNEES



**Physical, Occupational & Speech Therapy**

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**TWIN FALLS \* BURLEY \* BELLEVUE**

If your child or someone you know is not reaching age appropriate milestones, treatment by a physical therapist is recommended.

**Call today for an appointment (208)734-7333**