

Gross Motor Developmental-Milestones

Example Activity	Approximate age
Child able to raise chin while lying on stomach	1 month
Child raises chest while lying on stomach	2 months
Child is able to reach for objects but misses	3 months
Head set forward, steady, lumbar curvature	4 months
Child able to turn over	4-6 months
Child able to sit on lap and grasp object	5 months
Child can sit in high chair and grasp dangling object	6 months
Sits with good posture	10 months
Creeps and crawls	11 months
Pulls to standing position	11 months
Climbs stairs steps	13 months
Walks alone unsupported, seldom falls	18 months
Sits self in small chair	18 months
Walks carrying large objects	20 months
Raises self from sitting position with hips first	22 months
Runs well without falling	2 years
Kicks ball without overbalancing	2 years
Jumps with both feet in place	2 1/2 years
Picks up objects from floor without falling over	2 1/2 years
Stands on one foot even momentarily	3 years
Pedals tricycle	3 years