



Gross Motor Milestones

Birth to 12 months of age

4 weeks or less

- **ON TUMMY**
 - Head rotates in both directions, with very little neck extension
 - Hips flexed high with occasional crawling movements seen in legs
- **ON BACK**
 - Baby moves head from side to side

2 months to 3 months

- **ON TUMMY**
 - Baby lifts head to 45 degrees intermittently
 - Hips are in a low, frog legged position
- **ON BACK**
 - Baby starts to keep head in a midline position from time to time with symmetric postures seen

3 months to 4 months

- **ON TUMMY**
 - Baby rolls from belly to back
 - Baby props up on forearms spontaneously
 - Head is kept in a midline orientation
 - Neck extended to 45 degrees sustainedly
- **ON BACK**
 - Baby starts to manipulate objects

4 months to 5 months

- **ON TUMMY**
 - Baby holds head to 90 degrees sustainedly
 - Baby starts to push up onto extended elbows
 - No head lag with pull-to-sit
- **ON BACK**
 - Baby rolls from back to belly
- **IN SITTING**
 - Baby starts to prop sit

6 months to 7 months

- **ON TUMMY**
 - Baby able to assume a quadruped position
 - Baby starts to belly crawl
- **IN STANDING**
 - Baby stands with hands held
- **IN SITTING**
 - Baby is able to sit independently

8 months to 9 months

- **ON TUMMY**
 - Baby creeps/crawls on hands and knees
- **IN STANDING**
 - Baby can pull to stand at a rail
 - Baby lifts and replaces foot in an attempt to cruise
- **IN SITTING**
 - Baby can independently transition from the floor to sitting and sitting to the floor



9 months to 10 months

- **IN STANDING (AT A RAIL)**
- Baby can cruise (walk sideways while holding onto furniture/rail)
- Baby can let himself or herself down to the floor with control

10 months to 11 months

- **WALKING**
- Baby can walk with 2 hands held

11 months to 12 months

- **STANDING**
- Baby can stand independently
- **WALKING**
- Baby can take a few steps between objects

12 months

- **WALKING**
- Baby can walk and transition from the floor to standing without support

Delays that warrant referral to Physical Therapy

At 6 weeks	● Baby is not turning head equally in both directions
5 months	● Baby is not rolling
7 months	● Baby is not sitting independently
9-10 months	● Baby is not creeping/crawling on hands and knees
11 months	● Baby is not pulling to stand or cruising
13 months	● Baby is not standing alone momentarily ● Baby is not attempting to take independent steps between objects
15-16 months	● Baby is not walking independently