

## AGE OF CHILD

## TYPICAL MOVEMENT/PHYSICAL MILESTONES

2 months

- Can hold head up and begins to push up when lying on stomach
- Makes smoother movements with arms and legs

4 months

- Holds head steady, unsupported
- Pushes down on legs when feet are on a hard surface
- May be able to roll over from stomach to back
- Can hold a toy and swing it at dangling toys
- Brings hands to mouth
- When lying on stomach, pushes up to elbows

6 months

- Rolls over in both directions (front to back, back to front)
- Begins to sit without support
- When standing, supports weight on legs and might bounce
- Rocks back and forth, sometimes crawling backward before moving forward

9 months

- Stands, holding on
- Can get into sitting position
- Sits without support
- Pulls to stand
- Crawls

1 year

- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture (“cruising”)
- May take a few steps without holding on
- May stand alone