

# Infant Gross Motor Development



## Hey Parents!

Little ones grow and develop quickly, and it can be tricky keeping track of the different milestones!

The following list serves as a general guideline for gross motor development. Each child develops skills on their own timeline! Our goal for this pamphlet is to empower you with a deeper knowledge and understanding of gross motor development and to know when to seek help for concerns of delay. If you have concerns about your child's gross motor development, it's better to seek help and ask than to wait and see. Contact us if you have any questions or concerns!







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## 2 Months

-  Can lift and turn their head in tummy time
-  Kicks legs in alternating pattern
-  Brings hands to mouth
-  Gazes at faces and tracks toys





## 4 Months

-  Can hold their head up in supported sitting
-  Can prop on their forearms in tummy time
-  Brings feet to mouth
-  Roll from their back to their side
-  Can hold a toy with both hands in midline





## 6 Months

-  Can roll from back to belly and belly to back
-  Begin to sit on their own
-  Push up onto their hands in tummy time and pivot
-  Stand for short periods of time when given support




## 8 Months

-  Begin to crawl either on their belly or hands and knees
-  Sit and play without support
-  Transition from their back to sitting on their own
-  Play with and manipulate toys

## 10 Months

-  Becomes more proficient at crawling
-  Transitions easily between laying down, sitting, and crawling
-  Pull on nearby surfaces to bring themselves up into standing
-  May start to cruise

## 12 Months

-  Cruise on furniture and low surfaces
-  Take steps with hands held, may take a few independent steps
-  Crawl up stairs
-  May be able to step up 1-2 stairs with support