

## Questions about your child's ability to move?

Here is a checklist of motor skills. Remember not all children do the same things at the same ages. If your child is not doing some things on the list by the end of the age range, you may want to call 952-933-GROW (4769) for more information.

### By 3 Months:

- Uses both sides of their body the same- no difference between right and left sides
- Keeps hands open most of the time
- Lifts head while on stomach
- Kicks legs and moves arms freely
- Holds head erect and steady when upright at adult shoulder and when held in sitting

### By 6 Months:

- Pushes up on arms while lying on stomach
- Rolls from stomach to back
- Sits briefly when placed
- Takes weight on feet and is able to bounce – straighten and bend legs when held in standing
- Lifts legs to grab feet and play

### By 9 Months:

- Rolls from back to stomach and stomach to back
- Sits and plays with a toy without using hands for support
- Gets into sitting position
- Gets into crawling position (hands & knees)
- Moves forward on the floor

### By 12 Months:

- Crawls on hands and knees
- Gets to standing
- Walks/cruises along furniture

### By 15 Months:

- Walks independently
- Climbs or creeps up stairs

### By 18 Months:

- Climbs on and off furniture
- Creeps down stairs

### By 24 months:

- Walks up and down steps with help

- Kicks a ball

By 30 Months:

- Runs with ease
- Jumps off bottom step

By 36 Months:

- Walks up and down steps without support
- Balances on one foot for a few seconds