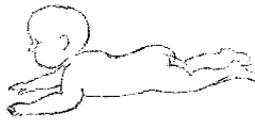
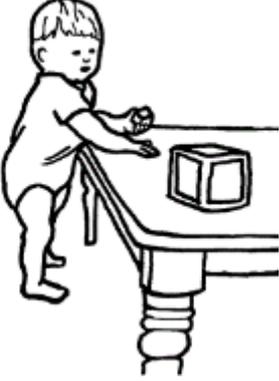
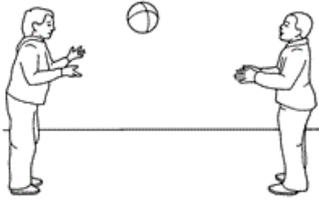


## Gross motor function development and milestones – what is expected and when to be concerned

Below is a list of gross motor developmental expectations for ages 0-5 – these expectations vary when considering children with co-morbidities and medical conditions which may affect their development. Some children may regress and stop demonstrating previously learnt skills – which would require a referral. Please refer to specialist services if you have any of the following concerns.

AGE	Expectations	Concerns	Expectations
2 months	<ul style="list-style-type: none"> <li>• Begin to gain control of their head</li> <li>• Starting to push up on arms when doing tummy time</li> <li>• Movement of limbs become smoother and more controlled</li> </ul>	<ul style="list-style-type: none"> <li>• No head control (head lag)</li> <li>• Poor movements of limbs (reduced, asymmetrical or absent)</li> </ul>	<p><b>Pull to sit</b></p> <p>Birth Complete head lag</p>  <p>6 weeks Head control developing</p> 
4 months	<ul style="list-style-type: none"> <li>• Good head control – unsupported</li> <li>• Weight bearing through legs when feet are on a hard surface</li> <li>• May be able to roll over from front to back</li> <li>• Can hold and shake toys, swing or reach for dangling toys</li> <li>• Brings hands to mouth</li> <li>• When lying on stomach, pushes up to elbows</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to support/control own head in sitting or tummy time</li> <li>• Does not take weight through feet when stood on hard surface</li> <li>• Unable to bring hands to midline or bring hands to mouth</li> </ul>	<p>4 months No head lag</p>  

6 months	<ul style="list-style-type: none"> <li>Rolls over in both directions (front to back, back to front)</li> <li>Begins to sit without support</li> <li>When standing, supports weight on legs and might bounce</li> <li>Rocks back and forth on hands and knees, sometimes crawling backward before moving forward</li> </ul>	<ul style="list-style-type: none"> <li>Does not attempt to reach for things</li> <li>Does not show any signs of trying to roll either direction</li> <li>Seems very stiff or has tight muscles (high tone)</li> <li>Seems floppy (low tone)</li> <li>Does not bring hands to mouth</li> <li>Unable to sit with minimal support</li> </ul>	
9 months	<ul style="list-style-type: none"> <li>Sitting without support</li> <li>Starting to crawl</li> <li>May begin to pull to stand</li> <li>Can transition from lying to sitting</li> </ul>	<ul style="list-style-type: none"> <li>Unable to sit without support</li> <li>Not making any attempts to move (I.e. crawling, shuffling on tummy or bottom, using arms to turn when on front, rolling)</li> <li>Unable to roll</li> </ul>	
1 year	<ul style="list-style-type: none"> <li>Gets to a sitting position without help</li> <li>Pulls up to stand, walks holding on to furniture ("cruising")</li> <li>May take a few steps without holding on-</li> <li>May stand alone</li> <li>Sits independently</li> </ul>	<ul style="list-style-type: none"> <li>Unable to get into sitting position independently</li> <li>Doesn't crawl or bottom shuffle</li> <li>Unable to stand supported</li> </ul>	

18 months	<ul style="list-style-type: none"> <li>• Walks independently</li> <li>• May walk up steps</li> <li>• Pulls toys while walking</li> <li>• Can help with dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Not standing independently</li> <li>• Not cruising</li> <li>• Not walking with push/pull toy</li> </ul>	
2 years	<ul style="list-style-type: none"> <li>• Walking confidently independently</li> <li>• Kicks a ball</li> <li>• Begins to run</li> <li>• Climbs onto and down from furniture without help</li> <li>• Walks up and down stairs holding on</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to walk independently</li> </ul>	
3 years	<ul style="list-style-type: none"> <li>• Climbs well</li> <li>• Runs and jumps</li> <li>• Pedals a tricycle (3-wheel bike)</li> <li>• Walks up and down stairs independently</li> </ul>	<ul style="list-style-type: none"> <li>• Recurrent falls and difficulty with stairs</li> <li>• Unable to jump</li> <li>• Unable to run</li> </ul>	
4 years	<ul style="list-style-type: none"> <li>• Hops and jumps confidently</li> <li>• Can balance on 1 foot for a few seconds</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to hop or jump</li> <li>• Unable to run</li> </ul>	
5 years	<ul style="list-style-type: none"> <li>• Stands on one foot for 10 seconds or longer</li> <li>• Hops; may be able to skip</li> <li>• Swings and climbs</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to hop or jump</li> <li>• Poor balance</li> <li>• Unable to throw/catch a ball</li> </ul>	

	<ul style="list-style-type: none"><li>• Can throw/catch a ball</li></ul>		
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