

GROSS MOTOR SKILLS

Gross Motor development involves the larger, stronger muscle groups of the body. In early childhood, it is the development of these muscles that enable a baby to hold his/her head up, sit, crawl and eventually walk, run and skip.

INFANT DEVELOPMENTAL MILESTONES

Between the ages 3 – 6 months, your child should:

- Randomly move arms and legs
- Put hands near eyes and touch mouth
- Be able to lift his/her head up when on stomach
- Be able to put weight on arms when on stomach
- Move head from side to side while lying on back
- Hold head steady when held in sitting position
- Sit with little support at the waist
- Turn him/herself from back to side and tries to roll over
- Reach out for toys, using left or right hand and puts toys in mouth
- When on stomach, is able to keep head up, putting weight on arms and turn head from side to side
- Stand when held, bend knees and support weight with legs
- Touch knees and feet with hands when lying on back

Between the ages of 6 – 9 months, your child should:

- Start rolling back to front and visa versa
- Be able to sit by her/himself
- Be able to pivot and creep on stomach
- Start standing stiff legged while holding onto furniture

Between the ages of 9 – 12 months, your child should:

- Be able to crawl over and around objects
- Start to cruise around furniture
- Move from sitting to lying down
- Pull to stand while holding onto furniture
- Walk with 2 hands held

Red Flags for Gross Motor Development (0-12 months)

- Baby's head is flat
- Baby doesn't turn his/her head to both sides
- Baby feels stiff
- Baby is not meeting developmental milestones
- Baby uses one side of his/her body more than the other
- Baby's skills are regressing
- Something appears wrong with baby's legs and/or feet

TODDLER DEVELOPMENTAL MILESTONES

Between the ages of 12–18 months, your preschooler should:

- Start walking independently
- Attempt to run, or runs with stiff posture
- Squat down to pick something up
- Crawl up stairs and creep back down
- Step on stationary ball when trying to kick the ball
- Seat self on small chair
- Pull a toy behind themselves while walking
- Throw underhand when sitting

Between the ages of 18 months – 2 years, your toddler should:

- Walk up and down the stairs while holding your hand
- Run fairly well
- Jump with feet together, clearing the floor
- Jump down and forwards
- Squat to play
- Stand on tiptoe with support
- Start to use ride-on toys
- Throw a ball into a box
- Kick a ball forwards

Between the ages of 2 – 2 ½ years, your toddler should:

- Stand on tiptoes if shown first
- Jump from bottom step
- Begin to ride a tricycle, moving forward with feet on the floor
- Stand on balance beam with 2 feet and attempt to step forward
- Catch a large ball with arms straight out

Between the ages of 2 ½ - 3 years, your toddler should:

- Stand on 1 foot momentarily
- Walk up the stairs alone with alternating feet
- Walk downstairs with 2 feet on same step
- Walk on tiptoe
- Start riding a tricycle using the pedals
- Catch a ball with arms bent
- Kick a ball forwards

Red Flags for Gross Motor Development (1–5 years)

- Child is not meeting developmental milestones
- Child walks on his/her toes all the time
- Child is excessively clumsy
- Something appears wrong with child's legs and/or feet
- Child complains of persistent pain or fatigue
- Child's skills are regressing

PRESCHOOL DEVELOPMENTAL MILESTONES

Gross Motor Skills (walking, running, jumping, climbing, balance, strength)

Between the ages of 3 – 4 years, your toddler should:

- Run around obstacles
- Walk on a line
- Balance on one foot for 5 – 10 seconds
- Hop on her preferred foot
- Ride a tricycle
- Walk up and down stairs with alternating feet, without support
- Jump from 12 inches with feet together
- Use a slide independently
- Climb well (not including ladders)
- Skip, leading with 1 leg

Between the ages of 4 – 5 years, your preschooler should:

- Walk a balance beam forwards & backwards
- Perform somersaults
- Balance on 1 foot for 8 – 10 seconds
- Skip, alternating feet
- Begin to jump rope
- Throw a ball to hit a target
- Jump back
- Pump and maintain momentum while on a swing (may be started with a forward push)
- Hop 5 times on 1 foot
- Climb the rungs of a playground slide ladder

Red Flags for Gross Motor Development (1 – 5 years)

- Child is not meeting developmental milestones
- Child walks funny
- Child walks on his/her toes all the time
- Child is excessively clumsy
- Something appears wrong with child's legs and/or feet
- Child complains of persistent pain or fatigue
- Child's skills are regressing

From Children's Therapy and Family Resource Society in Kamloops, BC

- See more at: <http://www.kamloopschildrenstherapy.org/gross-motor-skills-milestones-toddler#sthash.A18QbOj9.dpuf>