

MOTOR & PHYSICAL DEVELOPMENT

What to look for *ages birth - 1*

Babies develop so much in their first year! It's fun to watch them learn and grow. As your child progresses through the stages of motor and physical development, they will begin to develop gross motor skills like crawling, walking, and balancing. They will also develop smaller movements, or fine motor skills, by moving their toes, fingers, and mouth.

Here are a few ways you'll notice these developments as they happen:

0-2 months

- Has reflexes like sucking and startling
- Turns head from side to side
- Moves arms and legs

2-4 months

- When lying on tummy, lifts head and chest and props on elbows
- Rolls from back or tummy to side
- Holds head steady
- When held upright with feet on a firm surface, pushes with legs

4-6 months

- Moves things from hand to hand
- Rolls over in both directions
- With a little help, begins to sit up
- Rocks back and forth in crawling position on hands and knees
- When held upright with feet on a firm surface, supports own weight

6-9 months

- Gets in and out of sitting position without help and sits well without support
- Scoots, creeps, or crawls
- Pulls up to stand, and stands holding onto something
- Starts to take steps while holding onto furniture
- Plays peekaboo and patty-cake

1 year

- Walks holding onto a helper's hand or furniture
- Stands alone
- Begins to take steps alone
- Points and gestures



Wyoming
Department
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