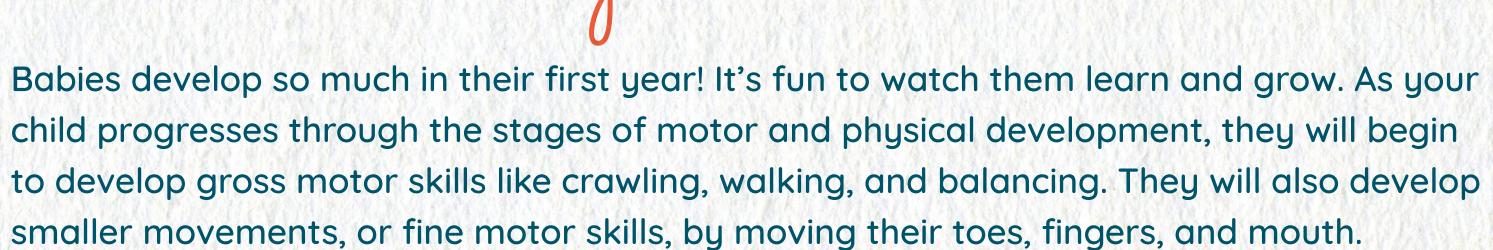
MOTOR & PHYSICAL DEVELOPMENT what to look for ages birth—1



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

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

- 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

- 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

- 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



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

