

MOTOR & PHYSICAL

What to look for *ages 1-3*



As your child progresses through the stages of motor and physical development, they'll begin developing balance, dexterity, and movements. You can expect a lot of movement and play. Your toddler might want to do things "by myself" because that's how they learn. Keep them safe and watch them go!

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

1 year

- Sit without leaning on anything or being held up
- Belly crawl, scoot, or creep on hands and knees
- Pull to standing and move, holding on to furniture
- Starts putting on clothing, with help

2 years

- Climbs onto furniture
- Walks alone and begins to run
- Walks down stairs holding on to the railing or your hand, one step at a time
- Kicks a ball forward without losing balance
- Jumps and stands on tiptoes
- Feeds self with spoon and fork
- Turns single pages in a book
- Starts to show a preference for using one hand over the other
- Strings large beads, puts together simple puzzles

3 years

- Climbs and runs well
- Jumps with both feet
- Stands on tiptoe and balances on one foot
- Walks up and down stairs by alternating feet
- Throws and kicks a ball, tries to catch a ball with both hands
- Carries and pulls toys while walking
- Begins to hold crayons and utensils with fingers instead of fist
- Starts brushing own teeth and hair
- Dresses self, with supervision
- Pedals tricycle



Wyoming
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