

AGE	NORMAL SKILLS	CLINICAL CLUES TO POSSIBLE PROBLEM
<b>1 month</b>	Lifts head up and turn head side to side while on tummy Bends and straightens arms and legs	Does not lift head while on tummy or turns only to one side Arms and legs are stiff or floppy
<b>2 months</b>	Takes weight on legs in supported standing Lifts head and props on elbows to look around when on tummy Rolls from sides to back Keeps head in midline when sitting with help	Does not put weight on legs in supported standing Does not lift head or prop on elbows Does not roll from sides to back Head tilts to one side
<b>3 months</b>	Brings both hands together in the midline Kicks legs together or separately Lifts head to 45-90 degrees while on tummy in the midline Keeps head in midline without head support	Keeps hands out to sides Does not extend both legs or kick reciprocally Does not hold head up 45-90 degrees while on tummy Head tilts to one side
<b>4 months</b>	Rolls from stomach to back and back to side Reaches for toy in supported sitting Reaches hands to knees lifting feet up Elevates head and upper trunk 45 degrees and bears weight on forearms on tummy	Does not attempt to roll Cannot grasp a rattle Does not bend legs or reach for knees Does not place weight on forearms while on tummy
<b>5 months</b>	Brings feet to mouth or grabs feet with hands Sits with arms propped in front	Lies flat on floor Bends forward with chest resting on legs
<b>6 months</b>	Shifts weight onto one arm and reaches for toy with other arm Pushes up on straight arms on tummy Demonstrates protective reactions to side and forward Rolls from back to tummy Sits independently with straight back	Does not reach or shift weight Lies flat on floor Demonstrates decreased balance and protective reactions Does not attempt to roll Sits bent forward at the hips

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<b>7 months</b>	Sits and plays with toys  Rolls from back to stomach to both sides  Stands with support	Cannot maintain sitting  Does not roll  Does not bear weight on legs
<b>8 months</b>	Commando crawls forward using arms	Does not move around
<b>9 months</b>	Rocks on hands and knees  Creeps forward on hands and knees  Pivots around in sitting  Raises to stand using a stable surface	Cannot assume hands and knees  Cannot creep forward  Cannot pivot in sitting  Cannot pull to stand
<b>10 months</b>	Creeps all over on hands and knees  Stands and bounces bending knees  Assumes sitting independently  Cruises sideways along furniture  Lower self to floor without falling from standing  Begins to take steps forward with support	Cannot creep  Does not put weight on legs to stand and bounce  Cannot get up to sitting  Does not cruise  Falls to floor  Does not take steps forward with support
<b>11 months</b>	Begins to stand independently  Takes steps forward with one hand held  Moves into and out of all sitting positions  Rotates and pivots while sitting to reach for toys	Does not stand  Does not take steps forward  Cannot move into and out of sitting positions  Does not rotate body

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<b>12 months</b>	Assumes standing independently Walks independently Picks up toy, returns to stand and walks	Cannot stand up Cannot walk Cannot stand, squat or walk
<b>13-15 months</b>	Stands for long periods without support Creeps up stairs on hands and knees Walks with narrow base of support	Cannot stand Cannot creep Cannot walk or walks with wide base of support
<b>16-18 months</b>	Creeps backwards down stairs Walks up and down stairs holding a wall, rail or hand for support Walks backwards Lifts foot to kick a ball Throws a ball	Does not creep down stairs Does not walk up or down stairs Cannot walk backwards Cannot balance on one foot to kick a ball Cannot throw a ball
<b>19-24 months</b>	Runs forward Walks sideways on a line Jumps up 2 inches and forward 4 inches Jumps down off 7 inch stair step Walks up stairs without support from wall or rail Throws ball overhand and underhand 3 feet Kicks a ball forward 3 feet	Cannot run Cannot walk sideways Cannot jump Cannot jump Cannot walk up stairs without support Cannot throw a ball Cannot kick a ball

2-3 years	3-4 years
<p>Walks down stairs without support</p> <p>Walks up stairs using a step-over-step pattern</p> <p>Jumps down from a 16-18 inch surface</p> <p>Walks on tiptoes with hands on hips</p> <p>Runs in a coordinated manner</p> <p>Jumps forward 24 inches using both feet</p> <p>Stands and balances on one foot for 3 seconds</p> <p>Throws a ball overhand and underhand 7 feet</p> <p>Kicks a ball forward 6 feet using opposing arm and leg movements</p> <p>Catches a ball with arms extended out in front</p>	<p>Pushes a riding toy</p> <p>Jumps forward 26-30 inches using both feet</p> <p>Runs and stops without falling using trunk rotation</p> <p>Walks down steps using a step-over-step pattern without support</p> <p>Hops forward on one foot and then on the other foot</p> <p>Jumps forward 6 inches on one foot</p> <p>Walks forward 8 feet on a taped line without stepping off</p> <p>Throws a ball overhand and underhand 10 feet</p> <p>Kicks a ball forward 10 feet</p> <p>Throws a ball overhand 5 feet and hits a target</p>
4-5 years	5-6 years
<p>Skips forward</p> <p>Hops on one foot 5 times</p> <p>Jumps forward 36 inches with both feet</p> <p>Balances on each leg for 10 seconds</p> <p>Able to do 3 sit-ups</p> <p>Able to do a forward roll</p> <p>Throws a ball overhand 12 feet and hits a target</p> <p>Gallops in both directions</p> <p>Catches a ball with hands only</p> <p>Pedals a tricycle around obstacles</p> <p>Runs around obstacles and turns corners</p> <p>Climbs a ladder to a slide and slides down unassisted</p>	<p>Skips using alternating feet 10 feet</p> <p>Hops on one foot 8-10 times</p> <p>Jumps over knee-high obstacles with both feet together</p> <p>Balances on one foot for 12 seconds</p> <p>Able to do 5 or more sit-ups</p> <p>Able to do 8 or more push-ups</p> <p>Bounces and catches a small ball</p> <p>Kicks a ball 12 feet in the air</p> <p>Catches a small ball with two hands</p> <p>Rides a bicycle</p> <p>Jumps sideways over a line for 3 cycles back and forth</p> <p>Hops forward 20 feet in 6 seconds or less</p>