

# Early Gross Motor Development

## Birth to 3 months

### *I am looking at you*

During a cuddle:

- I can hold my head and look over your shoulder
- I am turning to look in both directions

On my back:

- I turn my head to both sides
- I kick both legs and move both arms equally
- I am starting to use my hands and can pat or reach for a dangling toy

On my tummy:

- I can lift my head and turn to look both sides
- I like spending more time on my tummy



## 3 to 6 months

### *I am smiling lots*

During a cuddle:

- I am looking around
- I hold my head up strongly

On my tummy:

- I play for longer
- I can push up on my hands with my arms straight
- Or prop on my elbows and reach for toys

On my back:

- I am playing with my feet
- I roll back and forth in both directions

On your lap or on the floor:

- I am starting to sit
- I can reach and grasp toys



## 6 to 9 months

### *I am interested in new people and places*

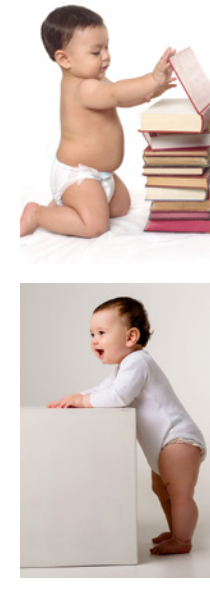
- I can sit by myself
- I can reach and play with toys, and can transfer hand to hand
- I can push up on my tummy
- I can move on the floor and pivot on my tummy
- I can stand with support



## 9 to 12 months

### *I am moving a lot*

- I like to explore
- I can crawl on my hands and knees
- I can kneel to play
- I am starting to pull to stand
- I can walk around furniture or with my hands held



## 12 to 18 months

### *I am becoming independent*

- I am pulling to stand
- I am standing to play
- I am walking sideways along a support/table
- I am walking with my hands held
- I am walking by myself
- I am crawling up steps
- I may walk up steps
- I maybe starting to run

