

Early Childhood Physical Development Milestones

The first six years of a child's life are the most important period of physical development.

If you notice that these or other milestones are not being achieved please call us so we can help!

0-3 Months

- Is able to push up on arms
- Lifts and holds head up
- Moves fist to mouth
- Moves legs and arms off of surfaces when excited
- Is able to open and shut hands
- Uses vision to follow objects

4-6 Months

- Uses hands to support self while sitting
- Rolls from back to tummy and tummy to back
- Able to play on tummy
- Uses hands to play and explore toys
- Is able to turn head to follow visual objects

7-9 Months

- Sits without support
- Sits and reaches for toys
- Can move from tummy or back into sitting
- Begins to show crawling type movements
- Shows control while rolling over
- Is able to stand while supported
- Moves to grab things they want
- Uses both hands equally to play with toys

10-12 Months

- Pulls to stand and cruises along furniture
- Stands alone and takes first steps
- Moves in and out of various positions to get toys
- Claps Hands
- Uses thumb and pointer finger to pick up tiny objects
- Enjoys and seeks out various ways to move and play

13-18 Months

- Walks independently and seldom falls
- Squats to pick up a toy
- Stacks two objects or blocks
- Crawls or walks toward desired objects
- Is able to throw balls without losing balance
- Seeks out various new ways to play
- Has adequate endurance to play with peers

19-24 Months

- Coordinates movements needed to play and explore
- Usually walks with heel toe pattern
- Does not walk primarily on toes
- Can maintain balance to catch ball or when gently bumped by peers
- Has equal strength and ability with both sides of body

2-3 Years

- Only leans on furniture, walls, or people when tired
- Is able to throw and attempt to catch a ball
- Coordinates both hands to play
- Coordinates hand and fingers
- Able to maintain balance on uneven surfaces

4-6 Years

- Walks through new room without bumping into objects or people
- Uses appropriate force when playing with peers, pets, or holding objects
- Maintains balance consistently



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