

DEVELOPMENTAL MILESTONE CHECKLIST

0-2 MONTHS

- ☐ Lifts head off surface on belly
- ☐ Moves both arms and both legs
- ☐ Opens hands briefly
- ☐ Startles at loud sounds
- ☐ Turns head towards sounds/voices



PLAY ACTIVITIES TO ENCOURAGE MILESTONES

- (1) Tummy time on parent chest
- (2) Side-lying play with support
- (3) Walk around room talking to baby so they can follow you with eyes/head
- (4) Open and gently massage baby's hands

MADE 2 MOVE

← pediatric physical therapy →

DEVELOPMENTAL MILESTONE CHECKLIST

3-4 MONTHS

- ☐ Holds head steady in supported sitting
- ☐ Holds a toy when placed in hand
- ☐ Uses arm/fist to swing at toys
- ☐ Brings hands to mouth
- ☐ Pushes up onto elbows/forearms during tummy time
- ☐ Starts to reach for objects and holds them briefly



*** IT'S TIME TO REACH OUT TO A PEDIATRIC PHYSICAL THERAPIST IF YOUR BABY IS NOT LIFTING THEIR HEAD OFF THE FLOOR DURING TUMMY TIME BY 4 MONTHS OF AGE ***

PLAY ACTIVITIES TO ENCOURAGE MILESTONES

- (1) Tummy time on floor mat
- (2) Side-lying play while reaching for toys
- (3) Hands to mouth while laying on back
- (4) Hang toys above baby to encourage reaching

MADE 2 MOVE

← pediatric physical therapy →

DEVELOPMENTAL MILESTONE CHECKLIST

5-6 MONTHS

- ☐ Holds head steady in upright positions
- ☐ Pushes up with straight arms during tummy time
- ☐ Uses hands to support self while sitting
- ☐ Rolls from back to belly & belly to back
- ☐ While standing with support, accepts entire weight with legs
- ☐ Reaches for toys while on belly
- ☐ While lying on back, reaches both hands to play with feet



***** IT'S TIME TO REACH OUT TO A PEDIATRIC PHYSICAL THERAPIST
IF YOUR BABY IS NOT ROLLING BY 6 MONTHS OF AGE *****

PLAY ACTIVITIES TO ENCOURAGE MILESTONES

- (1) Tummy time on floor mat
- (2) Assisted rolling from back to belly
- (3) Supported sitting on floor mat
- (4) Place toys in front of baby during tummy time to encourage reaching

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DEVELOPMENTAL MILESTONE CHECKLIST

7-9 MONTHS



- ☐ Pivots in a circle on belly
- ☐ Sits without support
- ☐ Sits and reaches for toys without falling
- ☐ Rocks back and forth in hands & knees position
- ☐ Starts to move with alternate leg and arm movement (e.g. creeping, crawling)
- ☐ Turns head to track objects while sitting

*** IT'S TIME TO REACH OUT TO A PEDIATRIC PHYSICAL THERAPIST
IF YOUR BABY IS NOT SITTING BY 9 MONTHS OF AGE ***

PLAY ACTIVITIES TO ENCOURAGE MILESTONES

- (1) Independent tummy time play on floor mat
- (2) Assisted kneeling play at low surfaces
(e.g. parent leg or 6-8 inch step)
- (3) Supported sitting on floor mat with toys in front of baby to encourage reaching
- (4) Place toys to the side of baby during tummy time to encourage belly pivoting

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DEVELOPMENTAL MILESTONE CHECKLIST

10-12 MONTHS

- ☐ Pulls up to stand at couch
- ☐ Walks sideways - holding on to furniture
- ☐ Moves in and out of various positions to explore environment and get desired toys
- ☐ Maintains balance in sitting when throwing objects
- ☐ Takes a few steps independently (around 12 months, though some may walk later)



*** IT'S TIME TO REACH OUT TO A PEDIATRIC PHYSICAL THERAPIST IF YOUR
BABY IS NOT PULLING TO STAND AT THE COUCH BY 12 MONTHS OF AGE ***

PLAY ACTIVITIES TO ENCOURAGE MILESTONES

- (1) Assisted pull to stand at the couch
- (2) Place toys on opposite end of couch to encourage sideways walking
- (3) Infant standing backwards against couch with assistance for improved standing balance

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DEVELOPMENTAL MILESTONE CHECKLIST

12-16 MONTHS

- ☐ Walks independently
- ☐ Squats to pick up a toy
- ☐ Climbs on and off a couch or chair



*** IT'S TIME TO REACH OUT TO A PEDIATRIC PHYSICAL THERAPIST IF YOUR
INFANT IS NOT WALKING INDEPENDENTLY BY 16 MONTHS OF AGE ***

PLAY ACTIVITIES TO ENCOURAGE MILESTONES

- (1) Short distance walking between couch and coffee table (20-25 inches apart)
- (2) Walking with hand held assist from caregiver
- (3) Infant standing backwards against couch with assistance as needed for improved standing balance

MADE 2 MOVE

← pediatric physical therapy →