

The



developPT

Baby

# Checklist

## Motor Milestones: The 1st Year



### NEWBORN

- ☐ Flexed posture
- ☐ Kicks legs
- ☐ Raises head (stomach)
- ☐ Turns head to both sides

### 3 MONTHS

- ☐ Makes smoother movements
- ☐ Holds head steady
- ☐ Pushes up on forearms (stomach)
- ☐ Bears weight on legs (stand)

### 6 MONTHS

- ☐ Tripod/prop sits independently
- ☐ Rolls stomach <-> back
- ☐ Crawls on stomach
- ☐ Reaches and grasps objects

### 9 MONTHS

- ☐ Shows protective reactions
- ☐ Creeps on hands and knees
- ☐ Pulls to stand at objects
- ☐ Changes positions without help

### 12 MONTHS

- ☐ Stands independently
- ☐ Takes a few steps independently
- ☐ Creeps up/down stairs
- ☐ Rolls/flings a ball

