



Motor Milestone Expected Age Range

ROLLING



	Expected age range		Expected age range
<input type="checkbox"/> Turns head side to side	0-2 months	<input type="checkbox"/> Holds head up during tummy time for 15 + seconds	1-3 months
<input type="checkbox"/> Brings feet to hands/mouth	3-5 months	<input type="checkbox"/> Rolls to side	3-5 months
<input type="checkbox"/> Kicks legs and moves arm	4-6 months	<input type="checkbox"/> Rolls from tummy to back	4-6 months
<input type="checkbox"/> Brings feet to mouth	4-6 months	<input type="checkbox"/> Rolls from back to tummy	5-7 months

SITTING



	Expected age range		Expected age range
<input type="checkbox"/> Turns head in all directions	2-4 months	<input type="checkbox"/> Holds head up during tummy time for 30 + seconds	2-4 months
<input type="checkbox"/> Brings feet to hands/mouth	3-5 months	<input type="checkbox"/> Sits alone: <input type="checkbox"/> Frequent falls <input type="checkbox"/> Occasional Falls <input type="checkbox"/> Rare Falls	6-8 months
<input type="checkbox"/> Uses hands while sitting	5-7 months	<input type="checkbox"/> Plays with toys with both hands while sitting	6-8 months
<input type="checkbox"/> Actively helps when sitting with support	4-6 months	<input type="checkbox"/> Pushes up with arms during tummy time	3-5 months

CRAWLING



	Expected age range		Expected age range
<input type="checkbox"/> Pushes through hands on tummy	3-5 months	<input type="checkbox"/> Moves weight to different sides of body	5-7 months
<input type="checkbox"/> Lifts head during tummy time	1-3 months	<input type="checkbox"/> Crawls on hands and knees with belly lifted	8-10 months
<input type="checkbox"/> Crawls with belly on floor	6-9 months	<input type="checkbox"/> Crawls over small objects	9-11 months
<input type="checkbox"/> Crawls in different directions	7-10 months	<input type="checkbox"/> Crawling is baby's form of transportation	9-12 months

WALKING



	Expected age range		Expected age range
<input type="checkbox"/> Puts weight through legs	4-6 months	<input type="checkbox"/> Pulls up to stand on furniture	8-10 months
<input type="checkbox"/> Extends legs while standing with help	4-6 months	<input type="checkbox"/> Walks holding furniture/ with caregiver support	9-12 months
<input type="checkbox"/> Bounces while standing	5-8 months	<input type="checkbox"/> Walks with push toy	10-12 months
<input type="checkbox"/> Stands alone for short time	10-12 months	<input type="checkbox"/> Walks alone: <input type="checkbox"/> small, fast steps <input type="checkbox"/> long, controlled steps	12-15 months

