



Pediatric Physical Therapy Services, PLLC

Excellence and Experience

Motor Development

Motor development in babies is truly amazing! During the first year of life babies learn how to move about to explore their environment which sets the stage for learning and language. It is important to remember that the timing of new skills vary greatly from baby to baby - some babies walk at 10 months and some at 16 months and it is still considered within normal.

Motor milestones during the first year of life

Gross Motor Milestones:

- 1 month: turns head side to side
- 2 months: holds head steady when upright
- 3 months: brings legs up off surface
- 4 months: rolls stomach to back
- 5 months: rolls back to stomach
- 6 months: pivots on stomach
- 7 months: sits independently
- 8 months: crawling on stomach
- 9 months: pulls to standing
- 10 months: creeping on hands and knees
- 11 months: walks with hands held
- 12 months: stands alone briefly



Fine Motor Milestones:

- 1 month: looks at bright object
- 2 months: follows moving person
- 3 months: tracks a moving object
- 4 months: bats at a toy
- 5 months: grasps object with whole hand
- 6 months: brings both hands to a toy
- 7 months: transfers toy from hand to hand
- 8 months: grasps small object with several fingers
- 9 months: uses fingers to grasp toy
- 10 months: bangs toys together/claps
- 11 months: picks small object up with two fingers
- 12 months: puts toy into a container



LOTS of play time on the floor is the best!

Babies benefit from play time on their back or tummy time when they are **awake and supervised**. Tummy time helps the baby strengthen his/her neck muscles and it helps avoid flattening of the back of the head. Spending time playing on both back and tummy allows the baby to begin to roll and explore his/her environment.



Child developmental classes are offered at PPTS

Pediatric Physical Therapy
Services, PLLC
3255 Brighton Henrietta
Townline Road
Suite 102
Rochester, NY 14623

Phone: 585-427-7610
Fax: 585-427-7410
Email: office@pts.com
www.pediatricpts.com

