

Physical Development Milestones

The table below lists typical milestones achieved by children between birth and 12 years of age.

Age	Gross Motor	Fine Motor
2 months	<ul style="list-style-type: none"> • Holds head up and begins to push up when lying on tummy • Makes smoother movements with arms and legs 	<ul style="list-style-type: none"> • Brings hands to mouth
4 months	<ul style="list-style-type: none"> • Holds head steady • Pushes down on legs • May be able to roll over • When lying on stomach, pushes up to elbows 	<ul style="list-style-type: none"> • Can hold a toy and shake it • Swings at dangling toys • Brings hands to mouth
6 months	<ul style="list-style-type: none"> • Rolls over in both directions • Begins to sit without support • Supports weight on legs and might bounce • Rocks back and forth 	<ul style="list-style-type: none"> • Brings things to mouth • Tries to get things that are out of reach • Begins to pass things from one hand to another
9 months	<ul style="list-style-type: none"> • Stands, holding on • Can get into sitting position • Sits without support • Pulls to stand • Crawls 	<ul style="list-style-type: none"> • Puts things in mouth • Moves things smoothly from one hand to another • Picks up cereal between thumb and index finger
1 year	<ul style="list-style-type: none"> • Walks holding onto furniture • May take a few steps without holding on • May stand alone 	<ul style="list-style-type: none"> • Waves • Points • Bangs two things together • Puts things in and out of containers • Lets things go without help
18 months	<ul style="list-style-type: none"> • Walks alone • May walk up steps and run • Pulls toys while walking 	<ul style="list-style-type: none"> • Can help undress herself or himself • Drinks from a cup • Eats with a spoon • Scribbles
2 years	<ul style="list-style-type: none"> • Stands on tiptoe • Kicks a ball 	<ul style="list-style-type: none"> • Makes or copies straight lines and circles

	<ul style="list-style-type: none"> Begins to run Climbs furniture without help Walks up and down stairs holding on Throws ball overhand 	<ul style="list-style-type: none"> Builds towers of four or more blocks
3 years	<ul style="list-style-type: none"> Climbs well Runs easily Pedals a tricycle Walks up and down stairs, one foot on each step 	<ul style="list-style-type: none"> Works buttons, levers, and moving parts Does puzzles with three or four pieces Turns book pages one at a time Builds towers of more than six blocks Screws and unscrews jar lids or turns door handles
4 years	<ul style="list-style-type: none"> Hops and stands on one foot up to two seconds Catches a bounced ball most of the time 	<ul style="list-style-type: none"> Pours, cuts with supervision, and mashes own food Uses scissors Draws a person with two to four body parts Starts to copy some capital letters
5 years	<ul style="list-style-type: none"> Stands on one foot for 10 seconds Hops, may be able to skip Can do a somersault Swings and climbs 	<ul style="list-style-type: none"> Uses a fork and spoon Can print some letters and numbers Draws a person with six body parts
6 – 12 years	<ul style="list-style-type: none"> Smooth and strong motor skills Intense activity may bring tiredness Body image begins to develop 	<ul style="list-style-type: none"> Ability to write neatly, dress appropriately, and perform certain chores develops during school-age years Small muscles develop for playing musical instruments, hammering, or building