

Developmental Milestones

Use toys
for
motivation!



Head Lift on Stomach (2-3 months)

Tummy time is a great way to encourage this milestone. Have baby resting on their stomach while on your stomach or floor

*Try putting a towel roll under their chest and gradually decrease the height as strength is gained!

Rolling (4-6 Months)

Have baby lying on their back, hold down baby's upper body and rotate lower body all the way toward one side while allowing baby to do as much as they can

Repeat in opposite direction by holding down the lower body and rotating the upper body



Supported Sitting (5-6 Months)

Have baby sit between the corner section of a couch for support while sitting

When holding baby in sitting position, gradually decrease the support needed for sitting

Babies should be independently sitting by 6-7 months

Quadruped Position (7 Months)

Start from a kneeling position and assist in lowering baby onto hands and knees

Rock baby front to back and side to side while in this position to prepare for crawling and promote weight bearing on the arms



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Crawling (8-10 Months)

Crawling through tunnels or creating a narrow passage way for baby to crawl through will promote proper sequencing

*Try placing boxes a few feet away from a long wall to create a narrow passage way!

Avoid using standers and bouncers

Standing (10-11 Months)

Encourage standing by giving support at first (holding baby's hands)

Gradually decrease support by letting go to allow them to stand on their own



Cruising (10-11 Months)

Have baby standing alongside couch with toys placed at opposite end

Allow baby to cruise sideways back and forth along the couch

*Once baby achieves cruising the use of moveable walkers can be used

Walking (12-15 Months)

When first walking, hold baby's hands for support

*Baby's hands should be at chest level not stretched out over their head

Little support should be used, only enough to catch baby if they fall

