



Physical Development Checklist

0-12 Months

0-4 months

- Holds head in alignment
- Tracks an object
- Moves arms and legs when laying on back
- Lifts head a little when laying on belly, can prop on elbows
- Brings hands together when laying on back
- Props on elbows in prone with neck extension
- Rolls back to side
- Grasps rattle when placed in hand
- Likes looking at a human face more than other things
- Responds to a smile with a smile
- Looks into caregiver's face and eyes with interest
- Reaches toward and touches toy
- Hits at dangling objects with hands

5-6 months

- Sitting using hands for support and starting to sit independently
- Grabs both feet and holds them when on back
- Brings feet to mouth
- Reaches to a toy when playing on belly
- Props on extended arms when on belly
- Begins to belly crawl
- Rolls back to belly
- Holds and shakes a toy
- Puts fingers in mouth
- Smiles at self in front of mirror

7-8 months

- Maintains sitting for 60 seconds
- Retrieves a toy in sitting and returns upright
- Rolls belly to back
- Rolls back to belly
- Belly crawls 3 feet forward

MILEMARKERS

9 months

- Assumes hands and knees position (all fours)
- Transfers from sitting to hands and knees position (all fours)
- Rocks back and forth on hands and knees for 5 seconds
- Creeps forward on hands and knees
- Scoots forward in sitting for 3 feet
- Pivots in sitting 90 degrees to both sides
- Walks with two hands held

10 months

- Maintains sitting for 60 seconds while playing with a toy
- Transitions to sitting from belly
- Creeps (on hands and knees) over your legs
- Bounces while holding onto your fingers
- Cruises 4 steps along furniture
- Lowers to sitting from standing without falling
- Plays in standing for 3 minutes
- Stoops at table to retrieve object from floor

11 months

- Cruising on and between furniture
- Pivots in sitting
- Standing for 5 seconds without support
- Walks 4 steps with 1 hand held
- Walks with a push toy 10 feet