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Gross Motor Milestones

0-12 Months

0-3 Months

- Turns head to both sides when lying on back evenly
- Moves arms and kicks legs randomly when lying on back
- Lifts and turns head during tummy time
- Holds chest up when lying on tummy while putting weight on arms
- Attempts to lift head when held in sitting position

3-6 Months

- Stretches out and kicks legs when lying on back or stomach
- Extends head and back when held in sitting position
- Brings feet to mouth when lying on back
- Rolls from back to stomach
- Rolls from stomach to back

6-9 Months

- Sits independently
- Gets into sitting position without help
- Bounces when held in standing position
- Stands while holding onto objects (e.g., window ledge)
- Crawls on all fours as primary means of moving
- Plays with feet while lying on back

9-12 Months

- Pulls to stand using furniture
- Cruises around furniture holding on with one hand
- Walks with both hands held
- Sits down from a standing position
- Rotates upper body while in sitting position

Red Flags

- Does not crawl
- Drags one side of body while crawling
- Does not search for objects that are hidden
- Cannot sit steadily

***If your child does not meet most of these milestones by 12 months, consider scheduling a physical therapy evaluation.*