



**Address:** 422 N Northwest Hwy #210,  
Park Ridge, IL 60068  
**Email:** referral@atmfc.com  
**Phone:** (847) 699-9757

## **Gross Motor Milestones**

### **12-24 Months**

#### **12-18 Months**

- Walks independently
- Walks with feet widely spaced and arms spread out to side
- Reverts to crawling at times
- Climbs into adult chair and sits down
- Stands up without holding onto a support surface
- Recovers if falls down from standing and/or walking
- Throws ball forward while standing
- Walks up stairs holding rail
- Is able to balance when kneeling
- Pushes and pulls large toys or boxes
- Attempts to run

#### **18-24 Months**

- Kicks a ball
- Walks backwards and sideways
- Begins to run
- Climbs onto furniture
- Walks down stairs while holding onto rail
- Jumps with both feet in place
- Stands on tiptoes
- Picks up toy from floor without falling
- Squats during play
- Carries large toy while walking

#### **Red Flags**

- Cannot or not attempting to walk independently
- Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on toes
- Significantly floppy or stiff/tense arms and legs

*\*\*If your child does not meet most of these milestones by 24 months, consider scheduling a physical therapy evaluation.*