EARLY MOTOR DEVELOPMENT

Red flags:

4 months: lack of steady head control while sitting

9 months: inability to sit

18 months: inability to walk independently

NB Ages approximate only

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| **Age** | **Gross motor development** | **Fine motor development** |
| Newborn | Reflexive and random ‘spontaneous’ movements - squirming, flailing limbs and stretching |  |
| 0-5 months | Learns to turn from their side to their back and from their back to their side |  |
| 1 month | Lifts chin |  |
| 2 months | Holds head up and turnsLifts chest | Swiping movements towards objects with upper body and arms; no attempt to grasp. |
| 3 months | Little or no head lag when pulled to sit | Clumsy shoulder and elbow movements; hands fistedReaches for object but misses |
| 4 months | Able to sit with support | Reaches for object with hand openWatches own hands/fingers |
| 5-12 months | Walking stage – begins with stepping movements |  |
| 5 months | Sits on adult lap | Touch object with quick direct motion of the handAble to grasp objects |
| 6 months | Learns to roll from back to stomach | Passes object from hand to hand |
| 7 months | Sits alone |  |
| 8 months | Stands with help |  |
| 9 months | Stands using furniture | Inferior pincer grip |
| 11 months | Crawls Walks when led |  |
| 12 months | Pulls up to stand by furniture | Imitates banging two bricks Refined pincer grip |
| 13 months | Climbs stairs |  |
| 14 months | Stands alone |  |
| 15 -17 months | Walks alone | Builds two-brick tower |
| 17-20 months | Learns to walk sideways and backwards |  |
| 18 months | Able to step downSquats to pick up object | Builds three-brick towerScribbles back and forward on paper |
| 18-24 months | Learns to run |  |
| 23 months | Walking up and down stairs with some help – two feet to a step |  |
| 2 years + | Balance – fleetingly stands on one foot; walks along a straight line on the groundWalking becomes more efficient Can use tiptoe actionCan walk in different situations (e.g. uphill, downhill or on uneven surfaces)Can walk at different pacesCan carry out actions while walkingAble to jump off the ground with both feet (30 months)Kicks a ball (30 months)Begins to throw (little control or sense of direction) | Builds six-brick towerDresses with adult help (32 months)Has some control of spoons and cupsScribbles – horizontal, vertical and circular |
| 3 years | Balance: stands on one foot for 5 seconds; walks along a circular line on the groundJumps distance of 20 inchesWalks up stairs – one foot to a stepPedals tricycle | Dresses without adult help (42 months)Puts on shoesCan use a variety of utensilsCan pour into a cupCopies a circle and vertical lineBuilds nine-brick tower |
| 40 months | Can hop onceBegins to skip on one foot (43 months) | Copies three-brick bridge (42 months) |
| 4 years | Jumps distance of 27 inches | Ties lacesCopies a crossDraws a person with head, body and legsBuilds six-brick steps |
| 4-6 years | Children begin to run with ease, and play running games (limiters are strength and balance) | Copies a square (54 months) |
| 5 years | Jumps distance of 38 inchesCan hop approx 10 timesCan skip using alternating feetCan stand on one foot for 10 seconds | Copies a triangle |
| 11-12 years | Mature throw |  |

(Source of information: Evangeou et al., 2007; Howard, 2007; Gerber et al., 2010)