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 turns  Lifts 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 fisted  Reaches for object but misses |
| 4 months | Able to sit with support | Reaches for object with hand open  Watches 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 hand  Able 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 down  Squats to pick up object | Builds three-brick tower  Scribbles 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 ground  Walking becomes more efficient  Can use tiptoe action  Can walk in different situations (e.g. uphill, downhill or on uneven surfaces)  Can walk at different paces  Can carry out actions while walking  Able 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 tower  Dresses with adult help (32 months)  Has some control of spoons and cups  Scribbles – horizontal, vertical and circular |
| 3 years | Balance: stands on one foot for 5 seconds; walks along a circular line on the ground  Jumps distance of 20 inches  Walks up stairs – one foot to a step  Pedals tricycle | Dresses without adult help (42 months)  Puts on shoes  Can use a variety of utensils  Can pour into a cup  Copies a circle and vertical line  Builds nine-brick tower |
| 40 months | Can hop once  Begins to skip on one foot (43 months) | Copies three-brick bridge (42 months) |
| 4 years | Jumps distance of 27 inches | Ties laces  Copies a cross  Draws a person with head, body and legs  Builds 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 inches  Can hop approx 10 times  Can skip using alternating feet  Can 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)