

Infant & Toddler Motor Milestone Guide

A simple guide to how babies learn to move from birth to walking.

Every baby develops at their own pace. These milestones show typical patterns of movement and simple ways to support development at home.

0-2 months



- **Typical Skills:** Lifts head briefly, moves arms and legs randomly
- **Watch For:** Very stiff body, head always turned one way
- **Try This:** Tummy time on your chest

3-4 months



- **Typical Skills:** Pushes up on forearms, brings hands together lying on back
- **Watch For:** Very wobbly head, does not push up
- **Try This:** Place in front of a mirror, gently hold arms under chest

5-6 months



- **Typical Skills:** Rolls in both directions, begins supported sitting
- **Watch For:** Stiff or arched body, not attempting to roll off of back
- **Try This:** Help to sit and roll on soft mattress or bed

7-8 months



- **Typical Skills:** Sits independently, tries to move forward
- **Watch For:** Cannot sit, no attempt to move on floor, does not put weight on legs
- **Try This:** Place toys slightly out of reach

9-10 months



- **Typical Skills:** Crawls on hands & knees, pulls to stand, cruises along furniture
- **Watch For:** No floor movement, poor sitting balance
- **Try This:** Climbing onto couch cushions placed on floor

11-12 months



- **Typical Skills:** Stands unsupported for a few seconds, walks with hands held
- **Watch For:** Not pulling to stand, flat feet
- **Try This:** Practice climbing up stairs (with direct, hands-on supervision)

13-15 months



- **Typical Skills:** Walks independently, climbs
- **Watch For:** No independent steps, toe-walking
- **Try This:** Push toy walking, cruising along wall



When to Talk to a Pediatric PT:

- not rolling by 7 months
- not sitting by 9 months
- not crawling by 11 months
- not walking by 16 months



PT Insight:

Babies learn to move best when they spend lots of time on the floor. Frequent floor play builds strength, coordination, and confidence.

Starting Point



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Concerned about your baby’s development? Learn more at StartingPointPediatric.com where you can explore parent guides and developmental tips.

