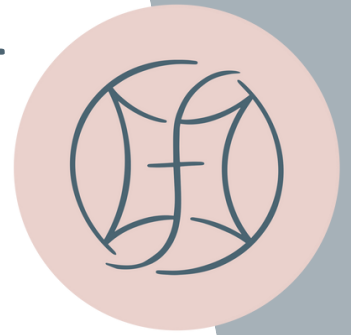


Milestone Checklist

What should my baby be doing?



0-3 months old

- Raises head and chest while on tummy
- Kicks legs while laying on back
- Bring hands to mouth
- Rotates head from cheek to cheek
- Pushes through forearms on tummy
- Fair head control when held (8wks+)

3-6 months old

- Good head control
- Tracks toys while lying on back
- Brings hands & feet to mouth to play
- Rolls tummy to back
- Straightens arms during tummy time
- Begins to pivot while on belly
- Maintains prop sitting
- Holds trunk off legs in sitting (5mo+)
- Reaches with hands to hold a toy
- Transfers toys from hand to hand

6-9 months old

- Rolls back to tummy & tummy to back
- Independently sits with straight back
- Holds toys & plays while sitting
- Transitions from sitting to tummy
- Pushes up to hands & knees
- Army crawls & pivots on belly
- Bounces in standing (7mo+)
- Pulls up with hands on table

9-12 months old

- Pulls to stand on toy or furniture
- Maintains standing with support
- Stands independently for 3-5 seconds
- Transitions from tummy to sitting
- Transitions from back to sitting
- Crawls on hands and knees (3-4 wks after army crawling)
- Squats & returns to standing with or without support
- Cruises along furniture &/or walls
- Transitions from bear crawl to stand

Schedule a free milestone screen today!