**Physical Developmental Milestones**

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| 0-3 mo. | 4-6 mo. | 7-9 mo. | 10-12 mo. | 13-18 mo. | 19-24 mo. | 25-36 mo. |
| Acts reflexively- sucking, stepping, rooting | Holds cube in hand | Sits independently | Supports entire body weight on legs | Builds tower of two cubes | Walks up stairs independently, one step at a time | Maneuvers around obstacles in a pathway |
| Swipes at objects in front of body; uncoordinated | Reaches for objects with one hand | Bounces when held on a surface in standing position | Walks when hands are held | Turns the pages of a cardboard book two or three at a time | Jumps in place | Runs with knees bent, arms move in opposite direction |
| Holds head erect and steady when lying on stomach | Rolls from back to side | Leans over and reaches when in sitting position | Cruises along furniture or steady objects | Scribbles vigorously | Kicks a ball | Walks down stairs independently |
| Lifts head and shoulders | Reaches for objects in front of body, coordinated | Gets on hands and knees but may fall forward | Stands independently | Walks proficiently | Runs in modified fashion | Marches to music |
| Rolls from side to back | Sits with support | Crawls | Walks independently | Walks while carrying or pulling a toy | Shows a decided preference for one hand | Uses feet to propel wheeled riding toys |
| Follow moving objects with eyes | Transfers objects from hand to hand | Pulls to standing position | Crawls up stairs or steps | Walks up stairs with assistance | Completes a 3-piece puzzle with knobs | Rides a tricycle |
|  | Grabs objects with either hand | Claps hands together | Voluntarily releases objects held in hands |  | Builds a tower with six cubes | Usually uses whole arm movements to paint or color |
|  | Sits in tripod position using arms for support | Stands with adult assistance | Has good balance when sitting; can shift positions without falling |  |  | Throws ball forward, where intended |
|  |  | Learns pincer grasp, use finger and thumb to pick up objects | Takes off shoes and socks |  |  | Builds tower of 8 or more blocks |
|  |  | Brings objects together with banging noises |  |  |  | Imitates drawing circles and vertical/horizontal lines |
|  |  |  |  |  |  | Turns pages in book one by one |
|  |  |  |  |  |  | Fingers work together to scoop up small objects |
|  |  |  |  |  |  | Strings large beads on a shoelace |