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# Motor Milestones

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**URL**

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## MOTOR TASKS YOU CAN EXPECT YOUR CHILD TO HAVE REACHED AT CERTAIN AGES:

### 3 MONTHS

- lift head when held at your shoulder
- lift head and chest when lying on his stomach
- turn head from side to side when lying on his stomach
- follow a moving object or person with his eyes
- often hold hands open or loosely fist
- grasp rattle when given to her
- wiggle and kick with arms and legs

### 6 MONTHS

- holding their heads up when being held in a sitting position
- rolls
- rushing themselves up onto their arms when on belly
- pivot body when on belly
- sit momentarily when leaning
- hold head steady when sitting with your help
- reach for and grasp objects play with his toes
- help hold the bottle during feeding
- explore by mouthing and banging objects
- move toys from one hand to another
- shake a rattle
- pull up to a sitting position on her own if you grasp her hands
- sit with only a little support
- sit in a high chair
- bounce when held in a standing position

### 1 YEAR

- sit without support
- crawl
- walk while holding something for support (a hand or toy)
- imitate you as you roll a ball
- pull to stand and cruise around furniture
- stand for a few seconds
- drink from a cup with help
- feed herself finger food like raisins or bread crumbs
- grasp small objects by using her thumb and index or forefinger
- use his first finger to poke or point
- put small blocks in and take them out of a container
- knock two blocks together
- cooperate with dressing by offering a foot or an
- pick things up with pincer grasp (thumb and one finger)
- transfer objects from one hand to the other
- release objects (purposefully)
- put objects into and take objects out of containers with large openings
- hold a spoon

### 18 MONTHS

- like to pull, push, and dump things
- pull off hat and socks
- turn pages in a book
- ~~stack 2 blocks~~
- carry a stuffed animal or doll
- scribble with crayons
- walk without help
- run stiffly, with eyes on the ground

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