



Physical Development Milestones Checklist⁹

Handout B15



At this stage of development, my child may...

- Pull a toy or object while walking backwards or sideways
- Scoot backwards to sit down into a chair
- Kick a ball
- Squat down while playing
- Walk around while carrying a large toy
- Ride on toys with wheels appropriate for their size
- Take off some clothing items like their shoes, hat, and socks
- String large beads together using both of their hands
- Take lids off of containers
- Pick up a cup and take a drink, then set it back down
- Stack things like cups or boxes inside each other
- Walk on their tiptoes
- Throw objects and go pick them up
- Jump in place using both feet
- Catch a large ball
- Turn knobs to open doors
- Imitate me drawing straight lines or circular marks with a crayon
- Make cuts on paper using child-sized scissors
- Fold a piece of paper in half

Reminder...
Children grow and develop at different rates. Your child may be following a different path than other children the same age.

How I can support physical development...

- If I and my child choose, continue to breastfeed
- Provide my toddler with opportunities to play with containers during bath time
- Join my child in playing with creative supplies like paints, crayons, and markers
- Encourage them to dance to lots of different types of music
- Play outside with my child

Continued



- Encourage them to practice running and kicking balls
- Play with my toddler by pretending to be different animals such as a frog that hops or a bird that flies
- Encourage them to play with toys or safe objects that allow them to practice pushing, pulling, and/or pedaling with their feet
- Provide my child with opportunities to dress and undress themselves
- Let them try to figure out how a new skill or concept works on their own by only providing them with help when they show cues and signals that they need support
- Provide my toddler with opportunities to play on toys that they can ride on and that are safe and appropriate for their size
- Tell my child what they're doing as they move their body in different ways like, "You're running toward the ball. Now you're kicking it!"

Remember that you can also use the Daily Do *5 Steps to Success* to support your child with learning new physical skills.

