



## Physical Development Milestones Checklist<sup>7</sup>

### Handout B7



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

- Walk by themselves
- Crawl or walk up the stairs one step at a time, while holding on to a railing or my hand
- Push or pull toys while they're walking
- Squat down to pick up an object without falling
- Climb on to things such as a couch or chair or climb out of things like a crib or stroller
- Drink from a cup
- Turn the pages of a book
- Follow simple directions by giving an object to another person when asked
- Pick up small pieces of food and eat them
- Stack at least 3 blocks
- Scribble using a large crayon
- Attempt to kick a ball
- Ride on their toys
- Try to run, but may fall and run into things
- Walk backwards
- Feed themselves using a spoon
- Throw a ball in a forward motion
- Begin learning how to unlatch, unscrew, and take items apart
- Play with playdough or clay by squeezing, poking, or patting it
- Copy the simple lines that I draw on paper
- Walk down stairs, while holding a railing and placing both feet on the same step

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

Continued



*How I can support physical development...*

- Build a homemade obstacle course that my toddler can crawl through using items like boxes, chairs, and pillows
- Play outside together practicing activities like running and kicking balls of different sizes
- Play music that my child enjoys and join them in dancing
- Encourage my toddler to feed themselves using small pieces of food
- Allow my child to play with safe objects that they can stack and nest together such as plastic bowls or measuring cups
- Draw with my child using large crayons and paper
- Give my child opportunities to learn about matching by allowing them to play with things like pots and lids
- If my child and I choose, continue breastfeeding

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

