



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.*

