



## 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.*

