

Physical Development Milestones Checklist⁴

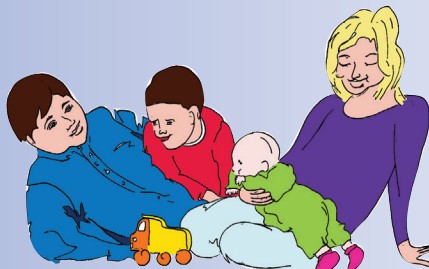
Handout A11



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

- ☐ Hold toys or objects in their palm
- ☐ Begin using their thumb, index, and middle finger to hold on to items
- ☐ Swipe tiny objects from a surface like a table or a chair using their hands
- ☐ Feed themselves small pieces of food
- ☐ Pick up and play with an object using both hands
- ☐ Use their hands to explore different objects by grabbing, shaking, sliding, and banging them together
- ☐ Stack two blocks
- ☐ Throw toys or objects
- ☐ Point using their index finger
- ☐ Stick their fingers in holes on their toys or other interesting objects
- ☐ Remove items from a container
- ☐ Let go of objects without becoming upset
- ☐ Get places by rolling or turning in circles while on their tummy
- ☐ Sit without help for longer periods of time
- ☐ Scoot on their bottom
- ☐ Sit on their bottom while bouncing
- ☐ Use their arms to catch themselves if they feel like they're falling backward
- ☐ Push up from their stomach and get into a crawling position on their hands and knees while rocking back and forth

Reminder...
Babies grow
and develop at
different rates. Your
baby may be following
a different path than
other infants the
same age.



Continued



- ☐ Get on their hands and knees in a crawling position then push themselves into a sitting position with their arms resting on both sides
- ☐ Stand while holding on to an object like a piece of furniture and lower themselves into a sitting position
- ☐ Pull themselves up using a piece of furniture like a couch or chair
- ☐ Step sideways while holding on to a surface like a couch or bed

How I can support physical development...

- ☐ If I and my infant choose, we can continue to breastfeed
- ☐ Play on the floor with them
- ☐ Give them opportunities to play on their tummy
- ☐ Provide them with safe spaces where they can practice crawling and exploring
- ☐ Encourage them to practice moving their body. I can do this by putting toys out of their reach or encouraging my infant to move toward me.
- ☐ Talk with their healthcare provider about safe foods they can eat so that my baby can practice picking up small pieces of food and putting them in their mouth
- ☐ Let them explore a spoon even though it will still take some time for my infant to learn to use one
- ☐ When they're in a sitting position, roll a ball back and forth between the two of us
- ☐ Make safe homemade musical instruments that they can grasp and shake

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

