



Physical Development Milestones Checklist⁹

Handout A6



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

- ☐ Hold their head steady
- ☐ Lift their head while on their tummy and look straight ahead
- ☐ Roll over to one side from their back or tummy
- ☐ Roll over from their tummy to their back
- ☐ Wiggle forward when they're lying on their tummy
- ☐ Keep their back straight while in a sitting position using their arms for support
- ☐ Stand on their legs when I hold them in a standing position on my lap
- ☐ Hold their head up to listen for sounds or to look at moving objects
- ☐ Gaze at objects that have lots of contrast like a black and white toy
- ☐ Follow a moving object with their eyes
- ☐ Begin to open their hands instead of holding them in fists
- ☐ Reach for objects
- ☐ Hold toys or items in their hand(s)
- ☐ Move their arms in a swiping motion
- ☐ Drop items they're holding on to
- ☐ Hold their hands together at the center of their body
- ☐ Use their hands to play with their toes and feet
- ☐ Move objects from one hand to the other

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



Continued



How I can support physical development...

- ☐ Create a safe environment for them to play and practice their physical movements
- ☐ Hold safe, interesting objects in front of my infant so that they can look at, reach for, and swipe at them
- ☐ Give them lots of opportunities to do tummy time
- ☐ Provide them with safe household items or toys that they can touch and mouth
- ☐ Expose them to lots of different textures that they can touch and explore
- ☐ Spend time with them playing in front of a mirror
- ☐ Give them opportunities to play in the bathtub so that they can practice kicking and splashing the water. Remember to ALWAYS supervise your infant during bath time.

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

