



Physical Development Milestones Checklist⁹

Handout A18



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

- ☐ Use their pointer finger and thumb to pick up small objects such as pieces of food
- ☐ Place objects in a container, then take the items out of the container
- ☐ Explore their environment using their index finger to point at items as well as touch and poke objects
- ☐ Stack two blocks
- ☐ Follow simple directions by handing an object to me when I ask them to
- ☐ Use a spoon to feed themselves
- ☐ Chew tiny pieces of food
- ☐ Play and explore with both of their hands
- ☐ Take off items of clothing like their socks and hats
- ☐ Hold a large crayon or marker and make marks with it
- ☐ Drink from a cup that doesn't have a lid
- ☐ Move their body in a circle while they're sitting on their bottom
- ☐ Turn their body to pick up a toy or item
- ☐ Seem to have mastered crawling
- ☐ Crawl up and down stairs when I'm watching them closely
- ☐ Pull up to stand
- ☐ Pull themselves into a standing position, then place themselves in a sitting position
- ☐ Walk while they hold on to furniture like a couch or chair
- ☐ Walk, while I support them by holding one of their hands

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...

- ☐ If I and my infant choose, we can continue to breastfeed
- ☐ Spend time playing outside together so that they have lots of room to practice their developing physical skills
- ☐ Place interesting toys and objects on the floor and join them in playing
- ☐ Encourage them to climb a few stairs as I help my infant by supporting them from behind or holding their hand
- ☐ Provide them with opportunities to try to feed themselves by giving them small pieces of food
- ☐ Give them a chance to drink from a cup
- ☐ Spend time stacking objects like blocks, measuring cups, or plastic containers during playtime
- ☐ Encourage them to play with safe kitchen items like pots, pans, and wooden spoons
- ☐ Sing songs or play nursery rhymes that have hand motions so that they can practice using their fingers and hands

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

