

GROSS MOTOR DEVELOPMENT

Growth Tracking Reference Chart

Child's Name: _____ Date of Birth: _____

AGE RANGE	EXPECTED MILESTONES	ACHIEVED
2 Months	Holds head up and begins to push up when lying on tummy; movements becoming smoother.	
4 Months	Holds head steady, unsupported; pushes down on legs when feet are on a hard surface; may roll from tummy to back.	
6 Months	Rolls over in both directions; begins to sit without support; rocks back and forth on hands and knees.	
9 Months	Stands holding on; can get into sitting position; crawls; pulls to stand.	
1 Year	Gets to a sitting position without help; pulls up to stand; walks holding onto furniture ("cruising"); may take a few steps alone.	
18 Months	Walks alone; may walk up steps and run; pulls toys while walking; helps undress self.	

AGE RANGE	EXPECTED MILESTONES	ACHIEVED
2 Years	Stands on tiptoe; kicks a ball; begins to run; climbs onto and down from furniture without help; walks up and down stairs holding on.	
3 Years	Climbs well; runs easily; pedals a tricycle; walks up and down stairs, one foot on each step.	

Note: This chart is for educational purposes. Every child develops at their own pace.