


Developmental Milestones – Physical Development

A child grows at their own pace and may be up to 3 months behind or ahead in many areas of development. Healthy growth and development will vary depending on the individual child and their abilities.




Age	Gross Motor	Fine Motor
At the end of 3 months, infants may be able to...	<ul style="list-style-type: none"> • Roll from front to back • Control head and neck movement when sitting • Raise their head and chest when lying on their stomach • Stretch out and kick their legs when lying on their stomach or back • Push down with their legs when feet are on a firm surface 	<ul style="list-style-type: none"> • Bring their hands together • Open and shut their hands • Bring their hands to their mouth • Take swipes at a hanging object
At the end of 11 months, infants may be able to...	<ul style="list-style-type: none"> • Crawl forwards on belly • Creep on hands and knees • Roll both ways (front to back, back to front) • Sit on their own • Support their whole weight on their legs • Control their upper body and arms • Pull self to stand • Walk along furniture 	<ul style="list-style-type: none"> • Demonstrate controlled release of objects • Hold and shake a hand toy • Move an object from hand to hand • Use their hands to explore an object • Demonstrate a reflexive grasp when objects are placed in hand • Poke and point with the index finger • Pick up small objects with thumb and one finger
At 12 to 14 months, older infants may be able to...	<ul style="list-style-type: none"> • Reach a sitting position without help • Crawl on hands and knees, or scoot around on their bum • Get from a sitting to a crawling or prone (on their stomach) position • Pull up to a standing position • Cruise, holding onto furniture • Stand briefly without support • Walk holding an adult's hand, and maybe take 2 or 3 steps on their own • Start to climb stairs with help • Explore crawling in and out, around objects 	<ul style="list-style-type: none"> • Finger-feed using thumb and forefinger (pincer grasp) • Put objects into a container (and take them out again) • Release objects voluntarily • Poke with an index finger • Push a toy • Begin to drink from a cup • Scribble with a crayon • Begin to use a spoon

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At 18 months, toddlers may be able to...	<ul style="list-style-type: none"> Climb into chairs Walk without help Climb stairs one at a time with help Throw and kick soft objects Crawl through a tunnel with encouragement Climb onto large objects and stand 	<ul style="list-style-type: none"> Build a 3 block tower Use a spoon well Turn a few board-book pages at a time Turn over a container to pour out the contents Start to drink easily from a cup with no lid Move objects from one hand to another with intention
At 24 months, toddlers may be able to...	<ul style="list-style-type: none"> Pull a toy while walking Carry a large toy or more than one toy while walking Begin to run Kick or throw a ball Climb into and get down from chairs without help Walk up and down stairs with help Step into boots, or open toed or heeled shoes with assistance 	<ul style="list-style-type: none"> Build a tower of 4 blocks or more Complete a simple shape-matching puzzle Turn board-book pages easily, one at a time Squish and mould playdough Grasp a thick paint brush and paint lines and squiggles String large buttons or beads, uses stamps and bingo dabbers with ease and consistency. Place 5 pegs in pegboard Hold and drink from a cup independently Use pincher grasp to pick up smaller portioned food
At 3 years, most preschoolers may be able to... 	<ul style="list-style-type: none"> Walk up and down stairs, alternating feet (one foot per stair) Run easily Jump in place Throw a ball overhead Enjoy music, wiggle body to create dance-like movements. Climb a basic climber and go down the slide without assistance. Stand on one foot momentarily Get up from squatting position without help Catch a large ball Imitate standing on one foot Imitate simple bilateral movements of limbs (e.g., arms up together) 	<ul style="list-style-type: none"> Make up-and-down, side-to-side and circular lines with paint brush, pencil or crayon Build a tower of more than 6 blocks Hold a pencil in a writing position Screw and unscrew jar lids or big nuts and bolts String big beads Work latches and hooks Snip with children's scissors Manipulate clay material (rolls balls, makes snakes, cookies) Use non-dominant hand to assist and stabilize the use of objects Snip paper using child safe scissors

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At 4 years, most preschoolers may be able to.....	<ul style="list-style-type: none"> Hop and stand on 1 foot for up to 4 seconds Kick a ball forward Catch a bouncing ball Ride a tricycle Jump with two feet Move to music in rhythm Explore with balance beams that are low to the ground 	<ul style="list-style-type: none"> Put large jigsaw puzzle together Cut with play scissors Paint with large brush on large paper Toss bean bags into holes in targets Draw a person with 2 to 4 body parts Draw circles and squares Turn pages in a book Do a finger-to-thumb sequence and control (e.g., Itsy-Bitsy Spider, stringing beads, lacing cards) Start to explore writing letters and numbers
At 5 years old, most pre-kindergarten/ kindergarten children may be able to... 	<ul style="list-style-type: none"> Use larger muscles with more precision Somersault and possibly skip Swing and climb Hop on one foot Toilet independently Explore more with risky play in playground settings Walk across a balance beam, wobble board, or balance pike 	<ul style="list-style-type: none"> Copy triangles and other geometric shapes Draw a person with a head, a body, arms, and legs Dress and undress on their own, although they may still need help tying shoelaces Write some small and capital letters from the alphabet Write their first name Eat with a fork, spoon, and possibly a flatware knife Complete a 7 to 8 piece puzzle
By 6 years old, most children may be able to...	<ul style="list-style-type: none"> Control their major muscles Have good balance and enjoy running, jumping, and other forms of physical play Show enough muscle strength and coordination to hop, and they can catch a ball Skip to a beat or rhythm Fully engage in risky play, rough and tumble play Accompany music with body movement (slow, heavy, soft, like a bear) 	<ul style="list-style-type: none"> Show increased eye-hand coordination Draw a person with at least 8 parts Write their names and other sight words Cut paper with safety scissors Copy shapes (such as squares and crosses) Dress themselves, although they may still need some help with difficult buttons or laces Differentiate right and left hands Help bake and cook

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By 7 years old, most children may be able to...	<ul style="list-style-type: none"> Keep improving skills like kicking, catching, and throwing Climb larger play structures with ease Become more coordinated in activities that use the large muscles, such as swimming or climbing Display higher confidence and begin playing sports in school such as basketball, capture the flag, dodgeball, etc. 	<ul style="list-style-type: none"> Copy complex shapes, such as a diamond Use scissors independently Draw a person with 12 parts and create more realistic images Use a pencil to write their name Build with legos, K'nex, and magnetite type materials with ease Manipulate crafting tools, and enjoy creating things like bracelets, necklaces, using melty beads Engage in woodworking Enjoy boardgames and manipulating smaller objects (ex. Jenga)
By 8 to 12 years old, most children may be able to...	<ul style="list-style-type: none"> Start to understand the concept of spatial awareness Get dressed, brush hair, brush teeth, and get ready without any help Learn about structured games and sports like dance classes, and soccer Coordinate several complex movements at the same time. Use playground equipment with ease and confidence. (may hang upside down from monkey bars, use rope climbers or race across the balance beams) Run, ride a bike, and enjoy activities that require a degree of physical conditioning Move with increased grace and awareness of body Enjoy riding a bike, using a skateboard or rollerblades Play team-oriented sports like hockey, ringette, lacrosse, gymnastics, volleyball 	<ul style="list-style-type: none"> Create designs with writing tools Enjoy collecting objects Enjoy drawing and painting more realistic images Write numbers and words more accurately, but they might still confuse some letters Draw a person with 16 features or parts Tie shoelaces, fasten snaps, buttons and zippers independently Sculpt and mould, play basic musical instruments Use tools like a hammer Draw, paint, make jewellery, build models, or do other activities that use their fine motor skills Enjoy writing stories, and creating detailed artwork and storytelling Cut fruits and vegetables, using kid safe kitchen tools. (e.g., a peeler, grader, or child safe knife)



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Main Source: Well Beings: A Guide to Health in Child Care, 3rd edition

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