

MILESTONES TIMELINE


















AGE 0-6 MONTHS

Understanding more about your baby's progress

Motor (or developmental) milestones are a measure of the physical progress your baby makes as they grow.

Tracking your baby's movements in the early months of life is very important in helping you to see how well they're developing.

The figure below illustrates typical development patterns in the first few months of life, so you can see how your baby is progressing. Every baby is unique and the exact age individual babies reach these milestones may differ.

| 1 month old | | 2 months old | | 3 months old | |
|--|--|--|--|--|---|
|  <input type="checkbox"/> | When lying on their tummy, baby can briefly lift their head ¹ |  <input type="checkbox"/> | When lying on their tummy, baby can lift their head and move it side-to-side - may also use arms to push off of the ground ^{1,2} |  <input type="checkbox"/> | When lying on their tummy, baby can lift their head and chest ¹ |
|  <input type="checkbox"/> | Can move hands to their face and mouth ¹ |  <input type="checkbox"/> | When lying on their back, baby can move and wriggle their arms and legs. As development continues, their movements will become smoother ^{1,2} |  <input type="checkbox"/> | When lying on their back, baby waves their arms and kicks their legs ¹ |
|  <input type="checkbox"/> | Startle reflex - when baby is startled, such as a loud noise, they throw out their arms and spread their fingers |  <input type="checkbox"/> | Can briefly hold a toy that is placed in their hands ² |  <input type="checkbox"/> | Beginning to reach out for toys and deliberately grasps and holds items |
| 4 months old | | | | | |
|  <input type="checkbox"/> | When lying on their tummy they can hold their head straight and look around ^{1,2} |  <input type="checkbox"/> | When lying on their back they rock from side-to-side ¹ |  <input type="checkbox"/> | Pushes up to elbows when lying on their tummy ¹ |
| | |  <input type="checkbox"/> | | | They grab and shake toys in their hands ^{1,2} |
| 6 months old | | | | | |
|  <input type="checkbox"/> | Beginning to sit up without help |  <input type="checkbox"/> | Rolls from side-to-side and rolls over front-to-back ^{1,2} |  <input type="checkbox"/> | Beginning to support their weight on their legs and stand with help |
| | |  <input type="checkbox"/> | | | Starts to crawl on their hands and knees ^{1,2} |

MILESTONES TIMELINE

AGE 6-18 MONTHS

6 months old



Beginning to sit up without help



Rolls from side-to-side and rolls over front-to-back ^{1,2}



Beginning to support their weight on their legs and stand with help



Starts to crawl on their hands and knees ^{1,2}

9 months old



Starts to crawl on their hands and knees ^{1,2}



Can pull themselves up to stand whilst holding onto something ^{1,2}



Can pull themselves up to stand whilst holding onto something ¹



Beginning to take a few steps whilst holding onto furniture for support ¹

12 months old



Can stand alone without help ^{1,2}



Begins to take a few steps alone ^{1,2}



Can get into the sitting position alone and sits well ^{1,2}

18 months old



Can walk well alone ^{1,2}



Starts to walk upstairs and run ^{1,2}



Beginning to feed themselves with a spoon, and drink with a cup ¹

If you notice your baby hasn't reached any of these milestones within the expected age range, or they are no longer able to achieve milestones that they previously could, speak to your doctor immediately

TALK TO YOUR DOCTOR IF YOU'RE CONCERNED ABOUT YOUR CHILD'S DEVELOPMENT



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Reference List

1. Help me grow MM. Motor Developmental Milestones. Available at: <https://helpmegrowmn.org/HMG/DevelopMilestone/MotorMilestones/index.html> Date accessed: June 2023.
2. Cambridgeshire Community Services NHS Trust. Child Development milestones. Available at: <https://www.cambscommunityservices.nhs.uk/advice/childhood-development/milestone>