

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



When lying on their front, baby can briefly lift their head



Can move hands to their face and mouth



Startle reflex – when baby is startled, such as a loud noise, they throw out their arms and spread their fingers

2 months old



When lying on their front, baby can lift their head and move it side-to-side – may also use arms to push off of the ground



When lying on their back, baby can move and wriggle their arms and legs. As development continues these movements will become smoother



Can briefly hold a toy that is placed in their hands

3 months old



When lying on their front, baby can lift their head and chest



When lying on their back, baby waves their arms and kicks their legs



Beginning to reach out for toys and deliberately grasps and holds items

4 months old



When lying on their tummy they can hold their head straight and look around



When lying on their back they rock from side-to-side



Pushes up to elbows when lying on their tummy



They grab and shake toys in their hands

6 months old



Beginning to sit up without help



Rolls from side-to-side and rolls over front-to-back



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



Starts to crawl on their hands and knees

6 months old



Beginning to sit up without help



Rolls from side-to-side and rolls over front-to-back



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



Starts to crawl on their hands and knees

9 months old



Crawls on their hands and knees



Can pull themselves up to stand whilst holding onto something



Can stand whilst holding on to something



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

12 months old



Can stand alone without help



Begins to take a few steps alone



Can get into the sitting position alone and sits well

18 months old



Can walk well alone



Starts to walk upstairs and run



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

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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