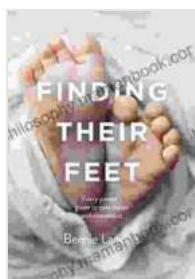


Every Parent's Guide to Milestones and Movement: A Comprehensive Journey Through Your Child's Physical Development

As a parent, witnessing your child's growth and development is an incredible journey filled with both joy and challenges. One of the most fascinating aspects of this process is observing your child's physical milestones and movement patterns. Each milestone marks a significant step forward in their physical capabilities, opening up new possibilities and experiences for them.



Finding Their Feet: Every parent's guide to milestones and movement by Bernie Landels

★★★★★ 5 out of 5

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This comprehensive guide will provide you with a detailed overview of your child's physical development from birth to adolescence. We will explore the key milestones and movement patterns at each stage, discuss how to support your child's progress, and address common concerns you may have along the way.

Infancy (0-12 Months)

Gross Motor Skills












- **0-3 Months:** Develops head control and rolls over from front to back
- **4-6 Months:** Rolls over from back to front and sits with support
- **7-9 Months:** Crawls and pulls up to stand
- **10-12 Months:** Takes first steps

Fine Motor Skills

- **0-3 Months:** Reaches for and grasps objects
- **4-6 Months:** Transfers objects between hands
- **7-9 Months:** Develops pincer grasp and explores objects with mouth
- **10-12 Months:** Crawls and pulls up to stand

Pathways

SIGNS TO WATCH FOR IN PHYSICAL DEVELOPMENT

3 Months	 <ul style="list-style-type: none"> Difficulty lifting head Stiff legs with little or no movement 	 <ul style="list-style-type: none"> Pushes back with head Keeps hands flexed and lacks arm movement 	
6 Months	 <ul style="list-style-type: none"> Rounded back Unable to lift head up Poor head control 	 <ul style="list-style-type: none"> Difficult to bring arms forward to reach out Archs back and stiffens legs 	 <ul style="list-style-type: none"> Arms held back Stiff legs
9 Months	 <ul style="list-style-type: none"> Uses one hand predominately Rounded back Poor use of arms in sitting 	 <ul style="list-style-type: none"> Difficulty crawling Uses only one side of body to move 	 <ul style="list-style-type: none"> Inability to lift hunched back Cannot take weight on legs
12 Months	 <ul style="list-style-type: none"> Difficulty getting to stand because of stiff legs and pointed toes Only uses arms to pull up to standing 	 <ul style="list-style-type: none"> Sits with weight to one side Strongly flexed or stiffly extended arms Needs to use hand to maintain sitting 	
15 Months	 <ul style="list-style-type: none"> Unable to take steps independently Poor standing balance, falls frequently Walks on toes 		

For more child development info, visit Pathways.org

Toddlerhood (1-3 Years)












Gross Motor Skills

- **12-18 Months:** Walks and runs
- **18-24 Months:** Climbs stairs with support
- **24-36 Months:** Runs, jumps, and kicks a ball

Fine Motor Skills

- **12-18 Months:** Builds towers with blocks, scribbles on paper, and uses utensils
- **18-24 Months:** Draws shapes and holds a pencil with thumb and fingers
- **24-36 Months:** Cuts with scissors and dresses independently

Pathways **SIGNS TO WATCH FOR IN PHYSICAL DEVELOPMENT**

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15 Months	 <ul style="list-style-type: none"> ○ Unable to take steps independently ○ Poor standing balance, falls frequently ○ Walks on toes 		

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Developmental milestones in toddlers

Preschool (3-5 Years)

Gross Motor Skills












- **3-4 Years:** Pedals a tricycle, balances on one foot, and jumps over small objects
- **4-5 Years:** Skips, catches a ball, and swims

Fine Motor Skills

- **3-4 Years:** Copies shapes, draws people, and uses scissors with precision
- **4-5 Years:** Writes letters and numbers, ties shoes, and uses tools like a hammer and screwdriver

Pathways

SIGNS TO WATCH FOR IN PHYSICAL DEVELOPMENT

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15 Months	 <ul style="list-style-type: none"> Unable to take steps independently Poor standing balance, falls frequently Walks on toes 		

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School Age (6-12 Years)












Gross Motor Skills

- **6-8 Years:** Plays organized sports, rides a bike, and swims confidently
- **8-10 Years:** Develops strength, coordination, and balance
- **10-12 Years:** Participates in more complex sports and activities

Fine Motor Skills

- **6-8 Years:** Writes legibly, cuts accurately, and draws detailed pictures
- **8-10 Years:** Uses tools and instruments with precision, such as a musical instrument
- **10-12 Years:** Develops fine motor skills for specific hobbies or interests

Pathways **SIGNS TO WATCH FOR IN PHYSICAL DEVELOPMENT**

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15 Months	 <ul style="list-style-type: none"> ○ Unable to take steps independently ○ Poor standing balance, falls frequently ○ Walks on toes 		

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Developmental milestones in school-age children

Adolescence (13-18 Years)

Gross Motor Skills

- **13-15 Years:** Develops strength and coordination, and participates in competitive sports
- **15-18 Years:** Reaches peak physical development

Fine Motor Skills

- **13-15 Years:** Develops precise hand-eye coordination and dexterity
- **15-18 Years:** Uses fine motor skills for specialized tasks

Stages of Development

1. **The prenatal period**
From conception to birth

2. **Infancy and toddlerhood**
From birth to 2 years

3. **Early childhood**
From 2 to 6 years

4. **Middle childhood**
from 6 to 11 years

5. **Adolescence**
From 11 to 20 years

6. **Early adulthood**
From 20 to 40 years

7. **Middle adulthood**
From 40 to 60 years

8. **Late adulthood**
from 60 years



Supporting Your Child's Physical Development

Supporting your child's physical development is crucial for their overall health and well-being. Here are some tips to help you:

- **Provide opportunities for movement:** Encourage your child to engage in a variety of physical activities, such as playing outside, participating in sports, or taking dance classes.
- **Create a safe environment:** Ensure your home and surroundings are safe for your child to explore and move around freely.

- **Provide appropriate toys and equipment:** Offer toys and equipment that promote physical activity, such as balls, blocks, and bicycles.
- **Limit screen time:** Encourage your child to engage in active play rather than spending excessive time on electronic devices.
- **Promote healthy eating:** Provide your child with a balanced diet to fuel their physical development.

Common Concerns

As your child develops, you may have some concerns about their movement patterns or physical skills. Here are some common concerns and how to address them:

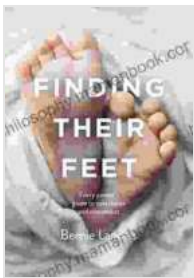
Delayed motor milestones: If your child is not meeting developmental milestones on time, consult with your healthcare provider. They can assess your child's progress and recommend any necessary interventions.

Coordination or balance issues: If your child has difficulty with coordination or balance, seek the advice of a pediatric physical therapist. They can help identify the underlying cause and develop exercises to improve coordination and balance.

Hyperactivity or restlessness: If your child is excessively active or restless, consider consulting with a healthcare professional or child psychologist. They can help rule out any underlying medical conditions or behavioral issues.

Observing your child's physical milestones and movement patterns is a remarkable experience that provides valuable insights into their

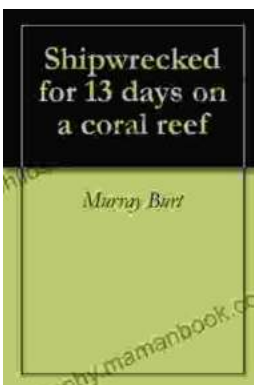
development. By understanding the physical milestones at each stage, supporting their progress, and addressing any concerns promptly, you can help your child reach their full potential and enjoy a healthy, active life. Remember, every child develops at their own unique pace, so don't worry if your child meets certain milestones sooner or later than others. The most important thing is to provide them with love, encouragement, and a supportive environment in which they can thrive.



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