

Gross Motor Milestones

1 month	Prone: chin up	8 months	Crawl on all fours Get into sitting	16 months	Run	4 years	Down steps, alternating feet, hops on 1 foot 5-8 times, skips but not smooth (4.5 years), Broad jump
2 months	Prone: chest up	9 months	Pull to stand	18 months	Stoop and recover Walk up steps one hand held	5 years	Balance 1 foot 10 seconds, smooth finger to nose, skip smoothly
3 months	Prone: on elbows	10 months	Cruise	20 months	Kick a ball	6 years	Tandem walk
4 months	Prone; on extended hands	11 months	Walk (1 hand held)	22 months	Walk down steps one hand held	7 years	Ride bike
5 months	Roll: supine to prone Anterior protection Parachute Sit: propped (ie. tripod)	12 months	Walk independently Posterior protection	30 months	Up stairs with rail alternating feet Jump in place w/ two feet	8 years	Reverse tandem walk
6 months	Sit: unsupported	14 months	Stand without pulling up	36 months	Walk up stairs alternating feet (no rail). Heel walk Toe walk Pedal tricycle		
7 months	Attain 4 point Belly crawl Lateral protection	15 months	Climb furniture Crawl up steps				

$$\text{Motor Development Quotient} = \frac{\text{Current Motor Age} \times 100}{\text{Adjusted* Chronologic Age}}$$

* adjust fully for prematurity till age 2 years