

## Gross Motor Milestones

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