

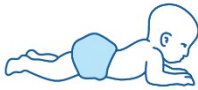
9B: TYPICAL CHILD MOTOR DEVELOPMENT MILESTONES AND RED FLAGS²⁴

A child’s physical motor development (the way his body moves and holds itself in different positions) is an essential part of a child’s ability to eat. Strong developing bodies lead to easier and more efficient feedings. Watching for signs that a child’s physical motor development may be impaired is important because early identification of problems can improve not only a child’s feedings, but their entire development. Below are common motor developmental milestones and the signs or “red flags” to watch for that may indicate a problem. *Development is a process and there is a large range of “typical” times when children gain skills. Most children will develop these skills during the age ranges listed, but some children may fall slightly outside of these ranges.*

BY 3 MONTHS
BY 6 MONTHS
BY 8 MONTHS
BY 12 MONTHS
BY 15 MONTHS



Holding head up on tummy.
Pushing up on arms.



Stiff legs.
Frequently clenched fists.
Cannot lift head.



Arched head and body.
Using only one side of body.



Holding head upright.
Sitting upright with support.
Relaxed, but sturdy body posture.



Rounded back.
Difficulty holding head and/or body upright.



Stiff body and/or legs.
Crossed legs.
Arms pulled back away from chest.



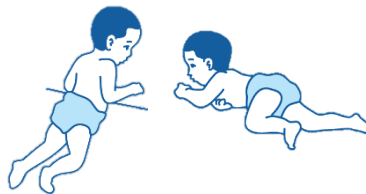
Sitting upright on own.
Reaching out with both arms.



Unable to sit upright.
Rounded back or arched body/back.
Difficulty holding head upright.
Stiff legs and/or arms, pointed toes.
Difficulty using hands and arms.



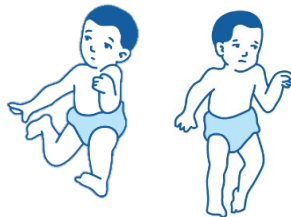
Pulling upright to stand.
Crawling.



Difficulty standing upright.
Stiff legs and/or arms, pointed toes.
Unable to crawl.
Using only one side of the body for crawling.



Standing.
Walking.



Stiff arms or legs.
Frequently walking on toes.
Leaning to one side while sitting upright.
Using only one hand for reaching and grasping.

