

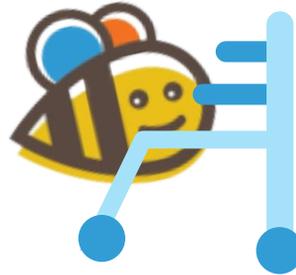
Physical Therapy could benefit your child if they struggle with



Rolling



Balance

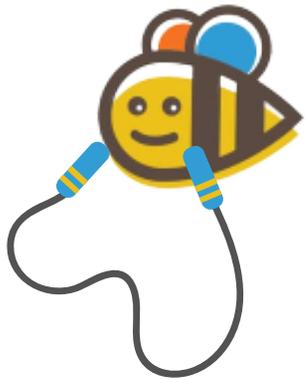


Walking



Bike riding

Using assistive devices



Jumping



Coordination



Sports injuries



Strength

Physical Milestones

Gross Motor Skills

0-3 Months

- Tracks moving objects with eyes
- Developing head control when on tummy
- Props self on forearms
- Bears weight through extended legs in supported standing
- Holds head in midline

3-6 Months

- Rolls from tummy to back
- Brings hands together
- Brings toys to mouth
- Pushes up to hands while on tummy
- Sits with support
- Tucks and maintains chin tuck when pulled from back to supported sitting

6-9 Months

- Rolls back to tummy
- Pivots on tummy
- Sits independently
- Transitions in and out of sitting
- Gets into and maintain hands and knee position
- Pulls to stand from kneeling position

10-12 Months

- Crawls forward on hands and knees with reciprocal movement of arms and legs
- Cruises sideways along furniture
- Stands unsupported
- Squats to pick up objects from the ground
- Able to take steps unassisted or holding parents fingers

12-24 Months

- Crawls up and down stairs
- Walks up/down stairs with handheld assistance
- Walks independently
- Throws and kicks a ball
- Climbs on and off furniture
- Begins to run and jump

2-3 Years

- Walks sideways
- Jumping skills emerge
- Stair negotiation matures
- Throws ball over and underhanded a few feet
- Kicks ball several feet in a straight line

3-4 Years

- Can pedal a tricycle
- Hops on one foot
- Runs (can stop/start on cue)
- Stairs – reciprocal pattern upstairs at 3 years, downstairs at 4 years
- Begins standing on 1 foot

5+ Years

- Can go up and down stairs unassisted
- Jumping jacks
- Sit-ups
- Push-ups
- Stands on 1 foot for 10 seconds
- All other skills mature
- Develops more running endurance and distance
- Plays sports like basketball, kickball, soccer, etc

SHOE BUYING GUIDE

What do you need when finding shoes for your little one?

Here's a quick reference guide from our PT team!



Posture Check

Head to Toe

- Chin Tucked
- Shoulders Down
- Back Straight
- Butty Back
- Feet Flat on Floor



Elevate Device

Use textbooks or a tissue box- get creative if you need to!

Five PT Approved Tummy Time Pro Tips

Make it part of your daily routine- after diaper changes or bath time, roll them onto their tummy. When they fuss, move on!

Have special tummy time toys that only get used for tummy time.

Use light up toys or black and white patterns (like the one on the back of this book) to aid in visual tracking and attention.

Get on their level- lay on the floor with them or lay them across your lap to experience their world with them.

Vary the textures present- change surfaces from rugs to beds or grass and use things like sensory bags, texture books, or a sensory hula hoop.



Scan
me!

For more information, check out our
Tummy Time Tantrums blog post:

Tummy Time Tips



The Importance of Tummy Time:

Lays the foundation for upcoming milestones: pivot > roll > crawl, joint attention and reciprocal play, and visual tracking

Strengthens muscles in the arms, hips, back extensors, chest, trunk, and neck

Improves coordination, body awareness, dynamic reaching, and intrinsic hand strength; which lays the foundation for all fine motor skills

Prepares for independent exploration of their environment



CRAWLING IS CRUCIAL

Crawling is a developmental milestone that creates a strong foundation for many other skills later in life. Here are just a few areas impacted by crawling:

BILATERAL COORDINATION

- Reciprocal movement needed for walking, climbing stairs, exercising, and more!
- Cognition needed to utilize both sides of the brain effectively
- Daily activities like getting dressed, self care, and eating

SOCIAL AND PLAY

- Developing at the same level as their peers
- Engaging in active play with their family and peers
- Having the ability to join their peers in a social or play setting



STRENGTH

- Proximal stability- control and strength of large joints and core muscles
- Distal stability- control and strength of the smaller joints in the hands and feet
- Intrinsic muscle strength- hand muscles needed for fine motor skills like grasping objects

DEVELOPS AWARENESS

- Exploring their environment
- Safety
- Body awareness
- Visual and perceptual skills



PREPARES FOR WALKING

- Transitions into positions independently
- Balance and safety reactions
- Gravitational security

