


## Gross Motor Development

If your child experiences any difficulties meeting the milestones listed or any of the indicators are present, please contact an occupational therapist for further support and advice.

Average Development	Indicators that child may require OT input
<p>0-12 Months children learn to:</p> <ul style="list-style-type: none"> <li>- Roll from stomach to back and visa versa</li> <li>- Sit independently</li> <li>- Crawl on hands and knees</li> <li>- Pull to stand up at furniture</li> </ul>	<ul style="list-style-type: none"> <li>- Child not sitting with stable posture</li> </ul>
<p>12-18 months children are expected to:</p> <ul style="list-style-type: none"> <li>- Walk on flat surfaces</li> <li>- Kneel on knees to play</li> <li>- Climb on and off furniture</li> <li>- Crawling up and down stairs</li> <li>- Squat to pick up toy without losing balance</li> <li>- Rolls and throws a ball</li> </ul>	<ul style="list-style-type: none"> <li>- Not cruising (walking whilst holding) on furniture</li> <li>- Not interested in climbing onto or exploring different places/structures in the home</li> </ul>
<p>2-3 years children are expected to:</p> <ul style="list-style-type: none"> <li>- Walk up and down stairs (possibly using rail)</li> <li>- Begin to run</li> <li>- Jump with 2 feet together</li> <li>- Stand on one foot, though unsteadily</li> <li>- Kick a stationary ball</li> <li>- Catch a large ball between hands and chest</li> <li>- Ride a tricycle</li> </ul>	<ul style="list-style-type: none"> <li>- Frequently adapting a 'W' sitting posture</li> </ul> 
<p>3-4 years</p> <ul style="list-style-type: none"> <li>- Run smoothly on flat surfaces</li> <li>- Climb playground ladders and equipment</li> <li>- Catch, bounce, throw and kick a ball</li> <li>- Hop on one foot</li> </ul>	<ul style="list-style-type: none"> <li>- Child appears to be afraid if feet leave ground (on playground equipment)</li> <li>- Inability to balance on one foot by 3 years of age</li> </ul>
<p>4-5 years</p> <ul style="list-style-type: none"> <li>- Walk along narrow line</li> <li>- Walks down steps alternating feet</li> <li>- Stand on one foot for 8-10 seconds</li> <li>- Ride a bike</li> </ul>	<ul style="list-style-type: none"> <li>- Balance appears unstable</li> <li>- Child appears clumsy and awkward</li> <li>- Child resists playing on equipment and prefers sedentary play primarily</li> <li>- Unable to push pedals on bike</li> </ul>

**\*\* examples are based on average child development patterns, it is important to note that children will develop at different speeds, please use this as a broad reference and NOT a prescriptive measure.**