

# HOW KIDS DEVELOP

Child development is the process in which children go through changes in skill development during predictable time periods, called developmental milestones. Developmental delay occurs when children have not reached these milestones by the expected time period. Gross motor development involves the larger, stronger muscle groups. The development of these muscles enable the child to hold its head up, sit, crawl and eventually walk, run, jump and skip. Here are just a few of the gross motor skills you should look for in your child:

3-6 months: most 6-month-olds can...

- Hold their heads up when held in a sitting position
- Roll
- Push themselves up onto their arms when on their belly
- Sit momentarily when leaning on their hands

6-9 months: most 9-month-olds can...

- Sit with support
- Bear weight on their legs with support
- Begin crawling

9-12 months: most one-year-olds can:

- Sit without support
- Crawl
- Pull to a standing position and cruise around furniture
- Walk with 2 hands held
- Imitate you as you roll a ball
- Stand for a few seconds

12-18 months: most 18-month-olds can:

- Walk alone
- Walk downstairs holding rail, one step at a time
- Run in a hurried walk
- Walk into a large ball to kick
- Throw underhand in sitting
- Pull a toy behind while walking
- Stand on one leg with help

18-24 months: most two-year-olds can:

- Lean over to pick up something without falling
- Pull and push toys
- Sit down in a small chair
- Walk up and down stairs, holding your hand
- Dance to music
- Run fairly well
- Throw a ball into a box
- Kick a ball forward
- Squat in play and begin to jump in place

24-30 months: most two-and-a-half-year olds can;

- Jump from the bottom step
- Jump a distance of about 8 inches
- Jump on a trampoline with 2 hands held
- Being to stand on one foot
- Begin to ride a tricycle
- Catch a large ball

30-36 months: most three-year-olds can:

- Run forward well
- Jump in place with two feet together
- Stand on one foot for up to 5 seconds
- Walk on tiptoes
- Kick a ball forward
- Catch an 8 inch ball
- Walk up stairs alternating feet

36-48 months: most four-year-olds can:

- Run around obstacles
- Walk on a line
- Balance on one foot for five to ten seconds
- Hop on one foot
- Push, pull and steer wheeled toys
- Ride a tricycle
- Use a slide independently
- Jump over a six inch high object and land on both feet together
- Throw a ball overhead
- Catch a bouncing ball

48-60 months: most five-year-olds can:

- Walk backwards toe-heel
- Jump forward 10 times without falling
- Walk up and down stairs independently, alternating feet
- Turn a somersault

Developmental delay occurs when children have not reached these milestones by the expected time period. If a child has not learned these skills during a specific time frame, it does not mean our child is delayed. We would recommend, though, that you let your child's doctor know about your concerns. If a child is found to have some developmental delays, it is important that intervention occurs early on in childhood. Our therapists here at SensoryPathways4Kids are here to help your child at any stage of their development.