

Motor development in IMAGES

From birth until age 8, children learn to hold their heads upright, sit up, walk, run, climb stairs, jump, ride a bike, and more. Here are the main stages of a child's motor development.

0-2 months



Baby is either on their back or in your arms! They have yet to gain control over their movements.

3 months



Baby finds it easier to support their head and can keep it upright when sitting.

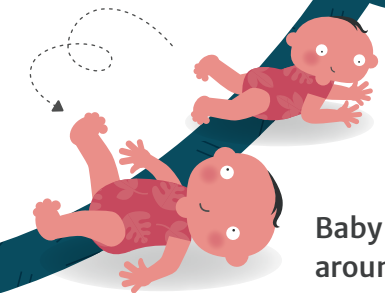
4 months



Baby can lift their head and chest while lying on their stomach.

5-6 months

Baby turns over! From belly to back, then back to belly.



Baby can get around by rolling.

7-9 months



Baby sits up without help. Their balance is steadily improving, and they can now play without holding on to anything for several minutes.



They can support themselves on all fours and rock back and forth.

They can get around by creeping.

10-12 months

Baby starts to crawl.



They did it! With their arms out and legs spread wide, baby takes their first steps.



13-18 months



Baby climbs the stairs by placing both feet on each step and comes back down backwards, on all fours.

They can move around on their own two feet while using anything within reach for support.



3 years

They can jump up and down on two feet.



They can balance (more or less) on one leg.



They can ride a tricycle without bumping into things.



4 years

They go up and down the stairs by placing one foot on each step. They still need to hold on to the railing.



2 years

Your little one can run confidently. They can slow down and stop without bumping into things.



They can kick a ball without holding on to anything.



6 years

They have improved balance and endurance during physical activities.



They can pedal a bicycle (usually with the help of training wheels).



5 years

They can jump in several different ways (feet apart, feet together, on one foot) in alternation, as in a game of hopscotch. They can jump rope.



They're getting better at catching a ball and throwing it at a target. They can bounce a ball and catch it before it hits the ground again.



8 years

They can follow a beat and coordinate more complex movements, like those in a choreographed routine. They can now take part in physical activities such as gymnastics, rock climbing, and dance.



They can catch a ball with one hand with greater ease and throw it at a target.



Your child's movements are more coordinated and flexible.



They have the skills needed to play team sports such as soccer or hockey.

