

# Motor Milestone Tracker

Month-by-month gross and fine motor milestones from birth to 18 months

## Gross Motor Milestones

These are typical ranges — not deadlines. Milestones develop on a spectrum, and many healthy children reach them at different points within the range. Use this as a guide to know what to look for and when to discuss with your pediatrician.

AGE	GROSS MOTOR MILESTONE	WHAT IT LOOKS LIKE	✓
0-1 mo	Lifts head briefly in prone	Turns head side to side when on stomach; lifts chin momentarily	
1-2 mo	Lifts head 45 degrees in prone	Holds head up briefly while on stomach, arms tucked	
2-3 mo	Lifts head 90 degrees, chest up	Pushes up on forearms during tummy time; steadier head control	
3-4 mo	Rolls front to back	Usually happens first — baby pushes off with arms and tips to one side	
4-5 mo	Rolls back to front	Uses trunk rotation; may get "stuck" on stomach at first	
4-6 mo	Sits with support	Sits in tripod position (hands on floor for balance) or with pillows	
5-7 mo	Sits independently	Sits without hand support for 30+ seconds; catches self when tipping	
6-8 mo	Begins crawling (any form)	Army crawl, inchworm, classic hands-and-knees, or scooting all count	
7-10 mo	Pulls to standing	Uses furniture or caregiver to pull up from floor to standing	
8-11 mo	Cruises along furniture	Side-steps while holding onto couch, table, or push toy	
9-12 mo	Stands alone briefly	Lets go of support for 2-5 seconds; wide base, arms up for balance	

AGE	GROSS MOTOR MILESTONE	WHAT IT LOOKS LIKE	✓
10-14 mo	First independent steps	Wide-based, arms up, short distances. Falls frequently — normal.	
12-15 mo	Walks independently	Walks across room without support; still wobbly and wide-gait	
14-18 mo	Runs (stiff-legged)	Fast walking that becomes a stiff run; difficulty stopping and turning	
15-18 mo	Climbs stairs with help	Crawls up stairs or walks up holding rail/hand; one step at a time	
16-18 mo	Kicks a ball forward	Walks into ball or makes a deliberate kicking motion	

## Fine Motor Milestones

AGE	FINE MOTOR MILESTONE	WHAT IT LOOKS LIKE	✓
0-1 mo	Reflexive grasp	Automatically grips anything placed in palm (palmar reflex)	
1-2 mo	Hands mostly fistled	Hands clenched most of the time; beginning to open intermittently	
2-3 mo	Hands open more often	Fingers uncurl; may bat at dangling objects without grasping	
3-4 mo	Reaches and bats at objects	Swipes at toys; may grasp briefly using whole hand (raking grasp)	
4-5 mo	Voluntary grasp (palmar)	Grabs objects deliberately with whole hand; transfers hand to mouth	
5-6 mo	Transfers objects hand to hand	Passes toy from one hand to the other; holds bottle with two hands	
6-7 mo	Raking grasp	Uses fingers (not thumb) to rake small objects toward palm	
7-9 mo	Inferior pincer grasp	Uses thumb and side of index finger to pick up small objects	
9-12 mo	Mature pincer grasp	Uses tip of thumb and tip of index finger; picks up Cheerios, puffs	

AGE	FINE MOTOR MILESTONE	WHAT IT LOOKS LIKE	✓
10-12 mo	Controlled release	Places objects in container deliberately rather than just dropping	
12-14 mo	Marks with crayon	Holds crayon in fist (palmar-supinate grasp); makes random marks	
12-15 mo	Stacks 2 blocks	Places one block on top of another with deliberate aim	
15-18 mo	Stacks 3-4 blocks	Increasing precision; beginning to use wrist rotation	
15-18 mo	Turns pages (2-3 at a time)	Flips board book pages using whole hand; not yet single pages	
16-18 mo	Feeds self with spoon (messy)	Scoops food and brings to mouth; significant spilling is normal	

## When to Talk to Your Pediatrician

### Discuss if your child shows any of these patterns

- Not lifting head during tummy time by 3 months
- Not reaching for or grasping objects by 5 months
- Not rolling in either direction by 6 months
- Not sitting with support by 7 months
- Not bearing weight on legs when held upright by 8 months
- Not crawling or finding an alternative way to move by 12 months
- Not walking by 18 months
- Consistently favoring one side of the body (before 18 months, hand preference can signal hemiplegia)
- Loss of previously acquired skills at any age
- Persistent toe-walking after 2 years of walking experience

Missing a single milestone by a month isn't cause for alarm. A pattern of delays across multiple milestones, or losing skills, is what warrants evaluation. Trust your instincts — parents who say "something feels off" are right more often than not.

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