

## DEVELOPMENTAL MILESTONES:

All babies and children develop at different speeds and in different ways.

The information in this brochure serves to provide you with a basic guideline of what you should be expecting your baby to be doing.

If you have any concerns about your baby's development contact:

- Your family doctor
- A community and child health centre
- Your paediatrician
- A physiotherapist who is skilled in assessing babies' and children's development.

The physiotherapists who work at Movement Solutions only care for children and have over forty year's combined experience in the assessment and treatment of childhood conditions!

- Jane Brooksbank
- Dace Johnson
- Melissa Locke
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- Vincent Van Dijk

### MOVEMENT SOLUTIONS PHYSIOTHERAPY

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## IMPORTANT INFORMATION ON INFANTS' MOTOR MILESTONES



## SOME USEFUL INFORMATION:

Four month old babies can:

- Lie on their backs, bring their hands together and look at them
- Kick their legs and move freely
- When on their tummy they can lift their head and take weight on their elbows.
- When held in sitting their back is straight
- They can take weight on their feet with straight legs when held in standing



Eight month old babies can:

- Roll over from their back to their stomach and their stomach to their back
- Creep around on their stomach
- Get onto their hands and knees and rock. They may have started to crawl
- Sit alone with a straight back
- Stand holding onto you or furniture. They will take their weight on flat feet
- Reach for a toy and play with it



Twelve month old babies can:

- Sit with a straight back in a variety of positions
- Crawl on their hands and knees
- Pull themselves up on furniture and sidestep around it.
- Reach for a toy whilst standing
- Get down to the floor from standing
- Pick up small objects using an index finger and thumb
- Play with a toy in both hands

