

## DEVELOPMENTAL MILESTONES:

All 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:

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

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!

- **Melissa Locke**
- **Dace Johnson**
- **Jane Brooksbank**
- **Tracey Smythe**

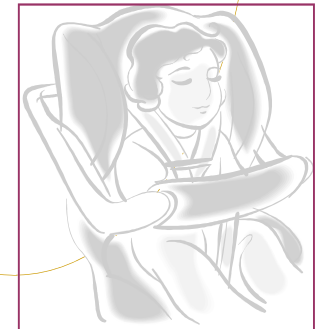
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**IMPORTANT  
INFORMATION ON  
INFANTS' MOTOR  
MILESTONES**

**18-36 MONTHS**



## SOME USEFUL INFORMATION:

18 month old infants can:

- Walk with ease whilst carrying a toy
- Squat down to pick up a toy then stand up and continue walking
- Sit in a variety of positions without using their hands to support themselves
- Climb onto a big chair, turn around and sit on it
- Crawl very efficiently and reciprocally.
- Turn the pages of a book easily
- Build a two block tower

- Say 8-10 words



Two year olds can:

- Walk alone
- Pull a toy behind them as they walk
- Begin to run
- Stand on tiptoes
- Kick a ball
- Go up and down stairs holding on
- Scribble spontaneously
- Turn over a container to pour objects out
- Sort by shapes and colour
- Follow simple instructions
- Repeat words heard in conversation



Three year olds can:

- Go up and down stairs alternating feet
- Bend over easily without falling
- Make horizontal, vertical and circular strokes with crayon/ pencil
- Build a six block tower
- Screw and unscrew lids, nuts and bolts
- Use 4-5 word sentences
- Complete 2- 3 part commands
- Say their name, age and sex
- Play make believe
- Pedal a tricycle
- Complete 3-4 piece puzzles
- Imitate
- Take turns

