

## 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:

- 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

### MOVEMENT SOLUTIONS PHYSIOTHERAPY

498 Logan Road  
Holland Park West  
QLD 4121

Phone: 07 3324 2490  
Fax: 07 3324 1022  
E-mail: [reception@movementsolutions.com.au](mailto:reception@movementsolutions.com.au)

## IMPORTANT INFORMATION ON CHILDREN'S MOTOR MILESTONES:

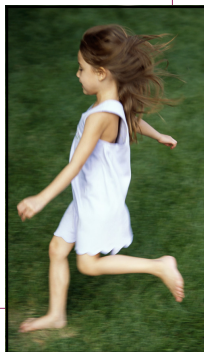
### 4 - 6 YEARS



## Some Useful Information:

### Four year olds can:

- Walk along a line rarely stepping off
- Hop 5 times on either leg
- Jump with 2 feet together
- Catch a large ball
- Stand on either leg for 4 seconds or more
- Sit well in a variety of positions
- Run well and turn corners whilst running
- Hold a pencil with a usual pencil grip
- Thread beads well
- Try to write name
- Count up to 5
- Understand big and little; tall and short



### Five year old children can:

- Maintain balance while standing with eyes closed for up to 5 seconds
- Jump over low objects
- Skip, jump and hop with balance
- Throw balls over-head
- Dress themselves with little assistance
- Lace shoes
- Copy a triangle
- Colour within lines
- Spread with a knife
- Question others and respond to 'why' questions
- Count to 10
- Understand and name opposites
- Use 5-8 words in a sentence



### Six year old children can:

- Run and turn quickly on the spot
- Stand on either leg with their hands on their hips for at least 8 seconds
- Hop 10 times or more on the spot on either leg
- Sit well with a straight back in all positions
- Skip well
- Catch a ball in their hands easily
- Control their pencil whilst drawing and writing
- Thread beads with ease
- Draw faces and bodies
- Have a large vocabulary and good grammar

