

Motor milestones 18 months to 5 years

Age in months	Physical skills acquired
18-24	<ul style="list-style-type: none"> ✓ Stable in sitting a small chair and table – ✓ Runs safely on whole foot stopping and starting with ease ✓ Pushes and pulls large wheeled toys easily forwards and usually walking backwards ✓ Pulls small toys along with obvious awareness of direction ✓ Likes to climb on furniture to look out of the window etc can get back down again ✓ Squats to play or rest .Stands up again without the use of hands ✓ Walks up stairs and down holding onto rail or wall two feet to a step ✓ Throws ball overhand and forwards, without falling over ✓ Walks into a large ball when trying to kick it ✓ Sits on a small trike but cannot use pedals but can move it using feet ✓ Builds tower of 4 to 6 bricks ✓ Threads large beads ✓ Turns over one page of a book ✓ Places rings on a post / square & triangle shape into an easy inset puzzles / shape into a posting toy ✓ Straight and circular scribbles with a pencil / crayon holding using a pronated palmar grasp (all fingers but hand turned over) Progressing to short vertical line. ✓ Preferred hand used more than half of the time ✓ Engaging in messy play ✓ Loading a spoon and feeding self with it ✓ Holding a lidded cup and using independently
24-30	<ul style="list-style-type: none"> ✓ Stable in sitting a small chair and table ✓ Runs safely on whole foot stopping and starting with ease ✓ Pushes and pulls large wheeled toys easily forwards and usually walking backwards but some difficulty steering around obstacles ✓ Can jump off small step with two feet ✓ Can stand on tiptoe if shown ✓ Squats to play or rest and stands without the use of hands ✓ Walk up stairs and down holding onto rail or wall two feet to a step confidently ✓ Throws ball from hand stiffly at body level ✓ Kicks large ball, gently and unevenly ✓ Climbs size appropriate play apparatus ✓ Builds tower of 8 to 10 bricks ✓ Builds bridge with 3 bricks in imitation ✓ Builds bridge with 3 bricks in imitation ✓ Threads large beads ✓ Turns over 3 pages of a board book ✓ Places 5 rings on a post in order / 3 shapes into inset puzzle / 4 part nesting toy ✓ Copies a vertical line / horizontal line and circle with a pencil / crayon when demonstrated. ✓ Holds using a digital pronated grasp (held in straight fingers but hand turned over) ✓ Snips paper with scissors ✓ Generally has developed hand preference ✓ Knows how to hold scissors, open and shut the blades and snip paper ✓ Engaging in messy play

	<ul style="list-style-type: none"> ✓ Drinking from open cup, stabbing with a fork, scoops and can use fork and spoon together, Washes and dries hands and face. ✓ Unbuttons large button. ✓ Asking to use the potty progressing to toilet training
30-36	<ul style="list-style-type: none"> ✓ Stable in sitting a small chair and table ✓ Runs safely on whole foot stopping and starting with ease and avoiding obstacles ✓ Can run Pushing and pulling large wheeled toys easily forwards and backwards steering around obstacles ✓ Can jump off small step with two feet ✓ Can walk on tiptoe ✓ Can stand on one leg momentarily when shown ✓ Walks up stairs using alternating feet, comes down two feet to a step, can carry a large toy ✓ Can jump from bottom step two feet together ✓ Awareness of size and movements of own body in relation to external objects and space ✓ Throws ball overhand and catches a large ball arms extended ✓ Kicks ball forcibly ✓ Rides tricycle pedalling and steering round wide corners ✓ Climbs size appropriate play apparatus with ease ✓ Builds tower of 8 to 10 bricks ✓ Builds bridge with 3 bricks in imitation ✓ Builds bridge with 3 bricks in imitation ✓ Threads large beads ✓ Turns over 3 pages of a board book ✓ Places 5 rings on a post in order / 3 shapes into inset puzzle / 4 part nesting toy ✓ Copies a vertical line / horizontal line and circle with a pencil / crayon when demonstrated. ✓ Holds using a digital pronated grasp (held in straight fingers but hand turned over) ✓ Snips paper with scissors ✓ Generally has developed hand preference ✓ Knows how to hold scissors, open and shut the blades and snip paper ✓ Engaging in messy play ✓ Drinking from open cup, stabbing with a fork, scoops and can use fork and spoon together, Washes and dries hands and face. ✓ Unbuttons large button. ✓ Asking to use the potty progressing to toilet training
36-42	<ul style="list-style-type: none"> ✓ Stable in sitting a small chair and table ✓ Climbs ladders ✓ Can walk, run and stand on tiptoe ✓ Can stand on one leg for 3-5 seconds ✓ Can hop on preferred foot ✓ Can stand/walk on heels when shown ✓ Throws ball overhand and catches with more skill ✓ Kicks ball forcibly with skill ✓ Can use a bat ✓ Builds tower of 10+ bricks ✓ Threads medium beads ✓ Places 5 rings on a post in order / 3 shapes into inset puzzle / 4 part nesting toy ✓ Copies a cross (+), with a pencil / crayon. ✓ Supports the paper when 'drawing' ✓ Holds using a static (still) tripod grasp on the pencil

	<ul style="list-style-type: none"> ✓ Has developed hand preference ✓ Knows how to hold scissors and use scissors to cut a piece of paper in half ✓ Engaging in messy play ✓ Drinking from open cup, stabbing with a fork, scoops and can use fork and spoon together, Washes and dries hands and face. ✓ Unbuttons large button. ✓ Toilet trained ✓ Can get on / off the toilet unaided ✓ Puts on garments such as a t-shirt with some help, shoes (possibly the wrong way round), pulling up trousers etc
42-48	<ul style="list-style-type: none"> ✓ Stable in sitting a small chair and table ✓ Climbs ladders ✓ Can walk, run and stand on tiptoe ✓ Can stand on one leg for 3-5 seconds ✓ Can hop on preferred foot ✓ Can stand/walk on heels when shown ✓ Throws ball overhand and catches with more skill ✓ Kicks ball forcibly with skill ✓ Can use a bat ✓ Builds tower of 10+ bricks ✓ Threads medium beads ✓ Places 5 rings on a post in order / 3 shapes into inset puzzle / 4 part nesting toy ✓ Copies a cross (+), with a pencil / crayon. ✓ Supports the paper when 'drawing' ✓ Holds using a static (still) tripod grasp on the pencil ✓ Has developed hand preference ✓ Knows how to hold scissors and use scissors to cut a piece of paper in half ✓ Engaging in messy play ✓ Drinking from open cup, stabbing with a fork, scoops and can use fork and spoon together, ✓ Washes and dries hands and face. ✓ Unbuttons large button. ✓ Toilet trained ✓ Can get on / off the toilet unaided ✓ Puts on garments such as a t-shirt with some help, shoes (possibly the wrong way round), pulling up trousers etc
48-60	<ul style="list-style-type: none"> ✓ Stable in sitting a small chair and table ✓ Walks easily on narrow line ✓ Climbs ladders ✓ Can stand on one leg for 8-10 seconds ✓ Can hop on either foot 2-3 meters ✓ Can walk on heels ✓ Active and skilful in climbing, sliding, swinging, digging ✓ Skips on alternate feet ✓ Bends and touches toes with legs straight ✓ Plays all variety of ball games with considerable ability appreciates scoring and rules of the game. ✓ Moves rhythmically to music ✓ Uses a dynamic tripod grasp of the pencil with movement of the fingers ✓ Able to cut a triangle and progressing to a circle ✓ Able to copy a square, with a pencil / crayon. Also progressively shapes involving diagonal lines e.g. triangle, diagonal cross leading eventually to early letter formation

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