

# Motor development in IMAGES

From birth until age 8, children learn to hold their heads upright, sit up, walk, run, climb stairs, jump, ride a bike, and more. Here are the main stages of a child's motor development.

**0-2 months**



Baby is either on their back or in your arms! They have yet to gain control over their movements.

**3 months**



Baby finds it easier to support their head and can keep it upright when sitting.

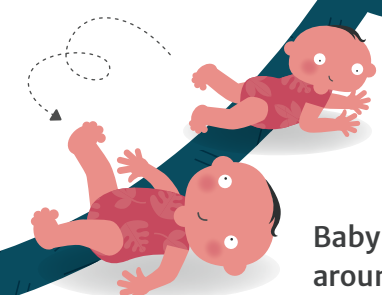
**4 months**



Baby can lift their head and chest while lying on their stomach.

**5-6 months**

Baby turns over! From belly to back, then back to belly.



Baby can get around by rolling.

**7-9 months**



Baby sits up without help. Their balance is steadily improving, and they can now play without holding on to anything for several minutes.



They can support themselves on all fours and rock back and forth.



They can get around by creeping.

**10-12 months**

Baby starts to crawl.



They did it! With their arms out and legs spread wide, baby takes their first steps.



**13-18 months**



Baby climbs the stairs by placing both feet on each step and comes back down backwards, on all fours.



They walk with steady strides. They can climb onto chairs and sofas and get down from their high chair or stroller independently.



They can move around on their own two feet while using anything within reach for support.

**3 years**



They can jump up and down on two feet.



They can balance (more or less) on one leg.

They can ride a tricycle and 3-wheeled scooter.



**4 years**

They go up and down the stairs by placing one foot on each step. They still need to hold on to the railing.



**2 years**



Your little one can run with greater control. They can kick a ball without holding on to anything.



**6 years**



They have improved balance and endurance during physical activities.

They can pedal on a bicycle with or without training wheels.



**5 years**



They can jump in several different ways (feet apart, feet together, on one foot) in alternation, as in a game of hopscotch.

**8 years**



They can follow a beat and coordinate more complex movements, like those in a choreographed routine. They can now take part in structured physical activities such as gymnastics, rock climbing, and dance, depending on their interests.



They can catch a ball with one hand with greater ease and throw it at a target.



They can jump rope with a short rope on their own or a long rope turned by two other people.

**7 years**



They have the skills needed to play team sports such as soccer or hockey.

They're getting better at catching a gently thrown ball and throwing it at a target.

They can bounce a ball and catch it before it hits the ground again.