

STARTING OUT ON THE RIGHT FOOT

A GUIDE TO BABY MOVEMENT MILESTONES



KEY MOVEMENT MILESTONES BY AGE

By 3 months

On tummy- lifts head to 45*
On back- can hold head and hands in midline

Help me by:

Tummy time: start early. Little and often is the key.
When your baby has had enough, roll them to their back for a rest.
Remember: *Front to play, Back to sleep*

By 6 months

Sits briefly propped on hands
Bears weight on feet when stood
Grabs feet when on back

Help me by:

Tummy time lasts longer with a mirror to look at
Tickle my feet and belly when on my back



By 9 months

Rolls to tummy or back
Sits alone
Commando crawls or shuffles

Help me by:

Encourage me to roll by bringing my leg over
It's OK if I go backwards before I learn to go forwards when learning to crawl

By 12 months

Pulls to stand on furniture
Starting to stand alone
Reaches down for toy when holding on

Help me by:

Place toys on the lounge
Encourage me to reach down for toys

By 15 months

Pushes up to stand from floor
Walks across room

Help me by:

Move toys along the lounge so I can cruise
A push walker can help me get moving



Toys that help me thrive:

Baby play mat
Mirror

Rattles, soft blocks
Pop up toys, busy boards

Toys that slow me down

Baby walkers, exercise jumpers
tablets and phones

Remember. I learn best when you play with me



When to seek help

Your baby feels quite stiff or floppy
They are struggling to meet their motor milestones
They always stand on their toes
They always turn one way or have a flat spot on their head
You are concerned about your baby's foot position
You feel something just isn't right- *trust your instincts*
if you have concerns ask your GP, Child and Family Nurse or Paediatric Physio



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Paediatric Physios: Movement Experts for Babies

They can help by:



Assessing your baby's movement and spotting any delays



Creating a fun, play-based plan tailored to your child



Sharing simple tips to make tummy time and floor play easier



Providing reassurance and clear guidance for parents