

## Gross Motor Development Chart

*for Blind & Visually Impaired Babies & Children*

Age Group	Milestones
<i>Birth to 3 months</i>	Holds head steady while being moved
	Lifts head up when on belly
	Elevates self by arms when on belly (totally blind or LP only babies may not do this until after they roll from back to belly)
<i>4 to 6 months</i>	Sits with some support
	Rolls from belly to back, from back to belly
	Sits alone steadily
	Pulls to standing (while holding your hands)
	Moves forward through crawling, creeping, or any other method
<i>7 to 9 months</i>	Pulls self to sitting position
	Pulls to standing position (using furniture)
	Sits down
	Attempts to walk (while holding your hand)
	Creeps forward on hands and knees 3 feet or more
	Takes coordinated steps (while holding your hand)
<i>10 to 12 months</i>	Stands alone
	Bends down to pick up object
	Walks sideways holding on to furniture
	Walks alone (3 steps)
	Walks alone with good coordination (5 steps)
	Pushes small obstacles out of the way
	Walks about house or yard independently
<i>13 to 15 months</i>	Moves around large obstacle
	Walks up stairs with help, down stairs with help
<i>22 to 24 months</i>	Squats
<i>3 years</i>	Runs, jumps, climbs
<i>5 years</i>	Easily walks backwards
	Hops on 1 foot