



## MOVEMENT MILESTONE CHECKLIST

## 2-5 years

Child's name \_\_\_\_\_ Date of birth \_\_\_\_\_ Date checked \_\_\_\_\_

Tick what your child is doing now. "Expected by" is the age by which **most** children do each thing, not an average, so there's a wide range of normal before it.

| Milestone                                                                                                                                | Expected by | Yes                      | Not yet                  | Notes |
|------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------------------------|--------------------------|-------|
| Can your child run without frequent falls?<br><small>Keep an eye on it</small>                                                           | 3 years     | <input type="checkbox"/> | <input type="checkbox"/> |       |
| Can they jump with both feet off the ground?<br><small>Keep an eye on it</small>                                                         | 3 years     | <input type="checkbox"/> | <input type="checkbox"/> |       |
| Can they walk up stairs?<br><small>Keep an eye on it</small>                                                                             | 3 years     | <input type="checkbox"/> | <input type="checkbox"/> |       |
| Do they keep up with children their age at the park or nursery?<br><small>Keep an eye on it</small>                                      | 5 years     | <input type="checkbox"/> | <input type="checkbox"/> |       |
| Has your child stopped doing something they could do before?<br><small>● Always worth a prompt GP or health visitor conversation</small> | Any age     | <input type="checkbox"/> | <input type="checkbox"/> |       |

### When to ask for advice

A "not yet" isn't a problem on its own, especially if your child hasn't reached the age given. If something marked **worth checking promptly** isn't happening by that age, or your child has stopped doing something they could do before, speak to your health visitor or GP. For anything else that worries you, try our free online checker or get in touch.

This checklist is general information, not an assessment of your child. "Expected by" ages are drawn from conservative, published norms (NHS, WHO and CDC developmental guidance). It does not replace an assessment.

**Online checker:**  
[littlemoversphysio.co.uk/milestones](http://littlemoversphysio.co.uk/milestones)

Call or WhatsApp **07842 898949** ·  
[info@littlemoversphysio.co.uk](mailto:info@littlemoversphysio.co.uk)