



MOVEMENT MILESTONE CHECKLIST

0–6 months

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. If your child was born more than three weeks early, use their corrected age.

Milestone	Expected by	Yes	Not yet	Notes
Does your baby hold their head steady when upright? ● Worth checking promptly if not yet happening	4 months	☐	☐	
Do they turn their head to both sides equally? ● Worth checking promptly if not yet happening	4 months	☐	☐	
Do they push up on their arms during tummy time? Keep an eye on it	4 months	☐	☐	
Do they reach for toys with both hands? Keep an eye on it	6 months	☐	☐	
Has your child stopped doing something they could do before? ● Always worth a prompt GP or health visitor conversation	Any age	☐	☐	

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

Call or WhatsApp **07842 898949** ·
info@littlemoversphysio.co.uk



MOVEMENT MILESTONE CHECKLIST

6–12 months

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. If your child was born more than three weeks early, use their corrected age.

Milestone	Expected by	Yes	Not yet	Notes
Can your baby sit without support? ● Worth checking promptly if not yet happening	9 months	☐	☐	
Are they rolling both ways? Keep an eye on it	8 months	☐	☐	
Are they starting to crawl, bottom-shuffle or otherwise move around? Keep an eye on it	1 year	☐	☐	
Do they use both sides of their body equally? ● Worth checking promptly if not yet happening	9 months	☐	☐	
Has your child stopped doing something they could do before? ● Always worth a prompt GP or health visitor conversation	Any age	☐	☐	

When to ask for advice

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MOVEMENT MILESTONE CHECKLIST

12-24 months

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. If your child was born more than three weeks early, use their corrected age.

Milestone	Expected by	Yes	Not yet	Notes
Is your child pulling up to stand? Keep an eye on it	1 year	☐	☐	
Are they walking (with or without support)? Keep an eye on it	1y 6m	☐	☐	
Can they squat to pick up a toy and stand back up? Keep an eye on it	2 years	☐	☐	
Do they climb onto low furniture? Keep an eye on it	2 years	☐	☐	
Has your child stopped doing something they could do before? ● Always worth a prompt GP or health visitor conversation	Any age	☐	☐	

When to ask for advice

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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? Keep an eye on it	3 years	☐	☐	
Can they jump with both feet off the ground? Keep an eye on it	3 years	☐	☐	
Can they walk up stairs? Keep an eye on it	3 years	☐	☐	
Do they keep up with children their age at the park or nursery? Keep an eye on it	5 years	☐	☐	
Has your child stopped doing something they could do before? ● Always worth a prompt GP or health visitor conversation	Any age	☐	☐	

When to ask for advice

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MOVEMENT MILESTONE CHECKLIST

5–11 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 hop on one leg? Keep an eye on it	5 years	☐	☐	
Can they catch a ball? Keep an eye on it	6 years	☐	☐	
Do they manage PE and playground games without unusual tiredness or pain? Keep an eye on it	5 years	☐	☐	
Is their handwriting and desk posture comfortable? Keep an eye on it	5 years	☐	☐	
Has your child stopped doing something they could do before? ● Always worth a prompt GP or health visitor conversation	Any age	☐	☐	

When to ask for advice

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