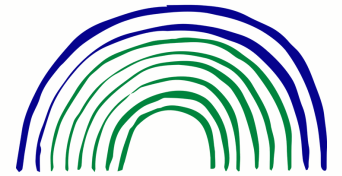


Milestones Checklist



Purposeful Play

- Encourage the use of a push toy vs held by the hands when walking to create independence.
- Play "uh oh" or clean up and practice picking toys up off the floor in standing to strengthen legs and improve balance.
- Roll a medium sized ball back and forth to improve hand eye coordination.
- Crawl up stairs for a favorite stuffed animal or toy and guide your little back down, crawling backward on their tummy.

12-18 months

- Moves from floor to standing
- Walks at least 10 ft without support
- Walks freely with a push toy
- Picks up toys from floor in standing
- Crawls up/down steps
- Walks up/down steps with support
- Corral ball in sitting
- Rolls ball forward in sitting
- Throws ball in standing without falling
- Begins to walk backwards
- Lifts foot and attempts to kick a ball
- Begins to walk quickly
- Can maintain a kneeling position

Using play to help little ones move and groove with confidence.

