

12-18 months

MILESTONES CHECKLIST

Purposeful Play Tips

- Encourage independent walking by offering push toys for little one to walk behind.
- Roll a ball back and forth for hand-eye coordination.

Practice picking toys up off the floor when standing to strengthen legs and improve balance.

Let them crawl upstairs, then guide them back down, crawling backwards on their tummy.



- ☐ 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
- ☐ Corrals 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
- ☐

