



EMpower PT P.C.
PHYSICAL THERAPY FOR
EVERY GENERATION

Your Baby's Milestone Checklist

Welcome to the most magical time of your little one's life! Thank you for making EMpower PT a part of your journey! I recommend reviewing this checklist each month to reflect on which skills your babe has accomplished and which need a little more TLC.

After reviewing this checklist, if you are still eager to learn more I recommend completing my 'Mini Milestones' Course on Kajabi. This course will provide you with play and positioning ideas to promote your babes strength, sensory processing, and functional mobility.

Disclaimer: The information in this document is based off professional opinion and evidenced based research. This does not replace a doctor or other healthcare professional's opinion. EMpower PT P.C. cannot be held liable for any injuries obtained by any user of this document.



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3 Month Checklist

Fine Motor Skills

- Arm, Hand, and Fingers Extend
- Arm and Hand Move Together

Cognitive Skills

- Vision: sees mostly in black and white
- Language: cooing, grunting, squealing, vowel sounds
- Track objects with eyes
- Recognize their favorite toys

Gross Motor Skills

- Lift head up during tummy time
- Maintain head in midline when lying on back
- Bring hands to midline when lying on back

Toys & Tips:

Toys: Tummy time mirror, mobile, light up toys

Tips: Move toys side to side/up and down to encourage tracking, hand toys to child in midline



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4 Month Checklist

Fine Motor Skills

- Swings at toys or attempts reaching
- Use palmar grasp to hold objects
- Holds toys when handed to them
- Brings hands to mouth

Cognitive Skills

- Understands games like Peek-A-Boo (understands Object permanence)
- Recognizes their favorite toys
- Turns towards loud noises

Gross Motor Skills

- Leans on elbows during tummy time
- Touches hands to feet while laying on back

Tips & Toys

Tips: If your little one is still fighting you in tummy time, roll up a towel to place under their chest. This will give them a boost to lift that heavy head up and explore their environment.



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5 Month Checklist

Fine Motor Skills

- Continues to improve reaching trajectory
- Rakes at objects with hands

Cognitive Skills

- Vision: granularity and color are improving

Gross Motor Skills

- Pushes up into extended arms during tummy time
- Tummy to back rolling begins
- Head control in multiple positions

Toys & Tips:

Tips: When holding or supporting your child, move your hands lower on their trunk. This forces them to make their own postural adjustments at the head, neck, and shoulders.



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6 Month Checklist

Fine Motor Skills

- Continues to improve reaching trajectory
- Holds objects between thumb and palm

Cognitive Skills

- Language: babbling begins, laughs
- Recognizes sounds
- Enjoys pop-up toys

Gross Motor Skills

- Sits with hand propping
- Back to tummy rolling begins
- Anterior protective extension emerges
- Bring feet to mouth

Toys & Tips:

Toys: Pop up toys, animal sound toys/games



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7 Month Checklist

Gross Motor Skills

- Begins sitting independently or continues to use hand propping
- Rock back onto knees during tummy time to assume hands/knees position
- Active head righting and postural adjustments continue to improve
- Lateral protective extension emerges

Cognitive Skills

- Language: babbling continues to develop
- Recognizes animals, shapes, faces

Toys & Tips:

Tips: Don't just pick up your child and place them in a sitting position on the floor, give them time to roll and squirm around until they get themselves into the position.



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8 Month Checklist

Gross Motor Skills

- Pull to stand
- Army crawling begins

Toys & Tips:

Tips: During tummy time, gentle pull up and back in a diagonal line at your child's hips to help them pop into crawling or army crawling position.



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9 Month Checklist

Fine Motor Skills

- Pincer grasp: between index finger and thumb
- Open hand appropriately based on size of object

Gross Motor Skills

- Independent sitting
- Walk holding onto furniture
- Begin crawling with reciprocal leg/arm use

Cognitive Skills

- Understands games like Peek-A-Boo or looks for toy when they lose it (object permanence)
- Gestures: point, wave, blow kisses
- Throw small objects
- Remember how to play with toys from previous day

Toys & Tips:

Tips: They're on the move! Although crawling was removed from the CDC milestones it is an important skill. It helps children explore their environment more independently, allowing for improved depth perception as well as shoulder and hip strength.



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10 Month Checklist

Fine Motor Skills

- Pincer grasp: between index finger and thumb
- Open hand appropriately based on size of object

Cognitive Skills

- Gestures: point, wave, blow kisses
- Throw small objects
- Remember how to play with toys from previous day

Gross Motor Skills

- Transitions between sitting, side sitting, belly, hands/knees easily
- Posterior protective extension emerges

Toys & Tips:

Challenge your child in sitting - sitting on a slanted surface encourages improved low back and pelvic posture, sitting on a fluffy pillow makes it harder to balance.



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11-15 Month Checklist

Fine Motor Skills

- Scribbles using fat markers or crayons
- Feed themselves finger foods

Cognitive Skills

- Language: may say 'mama', 'dada' (first word)
- Non Verbal Language: waves, claps, hugs, kisses
- Begins to understand games like Patty Cake

Gross Motor Skills

- Stands without support
- Takes a few steps independently
- Deep squat to stand without assistance

Toys & Tips:

Toys: Push toys, blocks, Squigz

Tips: place toys off the ground to make your child stand and reach up for them. Squigz stick to walls or the fridge for easy height adjustments.