



BABY MILESTONES

A mini-milestone guide for rolling, sitting, crawling and walking



HELLO, I AM NICOLE

I am a paediatric physiotherapist. I am passionate about empowering parents with accurate information and helping them see the joy in baby development. Why? Because I am sick of checklists and the focus being on skill achievement rather than focusing on the progression, the journey. I am tired of parents using averages as benchmarks for skill development, as this is what social media and the internet are currently providing. This guide shows you skills that your baby will show you as they progress towards a major milestone. You may not notice them all but by recognising these mini milestones you will be able to see that your little one is making progress and know when to check in.

Happy Playing!

Nicole



[@nicole_kidsphysio](https://www.instagram.com/nicole_kidsphysio)



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Table of Contents

07 [How to use this guide?](#)

08 [Rolling](#)

10 [Sitting](#)

11 [Crawling](#)

12 [Walking](#)

13 [Get Support](#)





“

It is far more valuable to compare your baby now, to the previous month or two, than to compare to other babies.

”



DISCLAIMER



This guide is designed to empower parents and caregivers through education however we must highlight that this is a guide only and the **norms will vary depending on the child's environment and culture.**

This guide **does not constitute medical advice.** If you are unsure or at all concerned please talk to your GP or treating therapist to in regards to your child's development.

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So, why not use a checklist?

Milestone checklists weren't developed for parents - they are for professionals.

We can easily fall into the trap of thinking that a milestone checklist is like a test- a pass or fail.

Use this guide to see all the small but significant movements, or "mini milestones" that your baby will go through while on their way to the big milestones: rolling, sitting, crawling and walking!

By being able to visualise your baby's mini milestones, both current and soon to come, you are better able to provide play opportunities to support their development.

Not sure how? Check out the Baby Play Academy!



The Baby Play Academy is an evidence based, accurate and accessible online program designed to support your child's development from birth to walking. It is easy and fun, and our team of paediatric experts are there to answer all your questions.

So instead of worrying about the NEXT thing, you can be in the present moment with your baby... the real magic.

[JOIN NOW](#)

How to use this guide

"My baby isn't _____ yet, should I be worried?"

Every day, parents contact me worrying about their little ones' milestones.

"All the other babies in my mother's group are _____, is it normal that my baby isn't?"

It would be silly for me to say "oh, don't compare" because, let's face it- **we all compare.**

Try not to compare your little one to other babies, but instead compare them to how they were a month, or two, or three ago.

This guide will help you see all the magic little milestones along the way to the "big ones", so you can be in the here and now with your little one, celebrating all the little gains.

There is no order around each circle, and you may not see every single mini milestone along the way. There are clear check in points to help you know "when to worry."

Other times you should check in with your GP or Paediatric Physio:

Regression: Your baby loses skills. I don't mean that your baby rolled over a few times and then stopped. I mean a baby who could consistently sit up and now can't, and if you feel like your baby is losing strength/ coordination across multiple areas of development.

No progression: If you feel like over a 6-8 week period your baby hasn't gained **any** new skills in **any** areas (motor, speech, learning).

General Delay: If you feel like your little one is behind over multiple developmental areas, including gross motor, fine motor, speech, learning.

Asymmetry: If you notice your baby moves differently side to side and that this is consistent and persistent (always the right, rolls right, uses right hand, right foot turns out etc.)

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Age range of achieving this milestone: 4 to 9 months

When to check in?

- Not holding head central by 3 months
- Not reaching in front when lying on back by 4 months
- Not rolling to side by 7 months



Age range of achieving this milestone: 3 to 9 months

When to check in?

- Not holding head high and being able to turn head to the right and left on tummy by 5 months
- Not reaching on tummy by 7 months



Age range of achieving this milestone: 5 to 8 months

When to check in?

- No chin lag by 5 months
- Not pushing up onto straight arms by 6 months
- Not sitting by self when placed at 8 months





Age range of achieving this milestone: 5 to 12 months

When to check in?

- Not pushing up onto straight arms by 6 months
- Not reaching on tummy by 7 months
- Not able to get into hands and knees by 10 months

MOTOR MILESTONE: WALKING

Pushes to hands
from kneeling

Kneeling play,
leans on tummy

Early Pull to Stand
- leans arms
- on toes

High
Kneel

Pulls to
stand

Half
Kneel

Squats to pick up
toys holding on

Walks holding
your hands

Squats down from standing
Stands from squatting

Stands Alone,
First Steps

Walks with
walker

Cruising
-sideways
-around
-between



Age range of achieving this milestone: 9 - 18 months

When to check in?

- Not taking weight through feet by 9 months
- Not pulling to stand by 11 months
- Not standing and playing with hands free by 14 months
- Not close to taking a step alone by 15 months



LOOKING FOR EXTRA **SUPPORT?**



If you feel concerned, you don't need to wait for a certain time- check in! It's better to get the reassurance or support you need early, rather than waiting, worrying and googling.

If do require some extra support or guidance with your little ones movements, you can check in with myself or my amazing team at Western Kids Health.

We are located in Perth, Western Australia, however we offer both in person and telehealth appointments. We are here to help, and you can book via the links below:

[IN PERSON](#)

[TELEHEALTH](#)



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Thank you and keep in touch

I hope that this milestone guide has helped you notice all the amazing things your little one is learning about their body.

If you need more guidance around play, moving, talking and connecting with your little one, this is exactly what we offer in the Baby Play Academy.


If you have found this guide helpful, please share with your new parent friends and please tag me on your Instagram: @nicole_kidsphysio

Nicole Pates

 [@nicole_kidsphysio](https://www.instagram.com/nicole_kidsphysio)

 nicole@westernkidshealth.com

 (08) 6112 2977

 www.wkhplayacademy.com