



Physical Development Checklist

12-18 Months

12 months

- Transitions to stand using hands and feet
- Walks 8 feet with one hand held
- Walks 5 steps independently
- Traps a ball with arms and hands in sitting

13 months

- Maintains kneeling position on knees for 5 seconds
- Stoops to retrieve object from the floor without using a stable surface and takes 3 steps
- Rolls a ball 3 feet forward in sitting
- Flings a small ball while standing

14 months

- Creeps upstairs on hands and knees
- Walks 10 feet without falling (not walking on toes)

15 months

- Creeps downstairs independently
- Walks upstairs with both rails – non alternating
- Lifts foot to contact ball
- Throws ball overhand without losing balance

16- 18 months

- Walks fast
- Walks Backward 5 steps
- Walks downstairs with support of one finger, non-alternating

MILEMARKERS

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