

## GROSS MOTOR DEVELOPMENTAL MILESTONES 3-6 MONTHS

***Between the ages of 3-6 months, does your baby:***

- push up onto arms and hold head steady when on tummy
- hold head steady when upright
- bring hands to knees when lying on back
- roll from back to tummy
- sit alone momentarily (5 months)
- pivot on belly both directions (6 months)

***If you are noticing any of the following and would like to have your baby see one of our physiotherapists please call 519-354-0520:***

- poor head control, not able to lift or hold head in mid-line
- baby feels stiff
- baby uses only one side of their body
- baby is not meeting their milestones

\*There is no cost for assessments or therapy sessions

***When a baby plays, they are learning about themselves and the world around them. Here are some fun play ideas for you and your baby:***

When your baby is on his or her tummy place a toy slightly out of reach and allow your baby to work to get to the toy.

The floor is a baby's first playground. This allows baby the freedom to move around on their tummy and experience how they can move.

Here is a fun chant to do with your baby:

Roly Poly, in, in, in (*bring arms together*)

Roly Poly, out, out, out (*bring arms out to sides*)

Roly Poly, up, up, up (*bring arms up to the ceiling*)

Roly Poly, down, down, down (*bring arms down to the floor*)

Roly Poly, peek, peek, peek (*play peek*)