

GROSS MOTOR DEVELOPMENTAL MILESTONES 9-12 MONTHS

Between 9-12 months, does your baby:

- crawl
- pull to stand holding on to furniture
- while sitting, reach for objects behind them
- move in and out of sitting easily
- cruise along furniture
- walk with hand held support

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

- difficulty getting to stand
- can't stand because of stiff legs or pointed toes
- unable to get in and out of sitting independently
- not yet crawling
- uses only one side of their body to move
- baby is not making progress or skills are regressing

*There is no cost for assessment or treatment sessions

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

Provide safe opportunities for your baby to work on pull to stand. Place a favourite toy on the couch and your baby will try to pull themselves up in to standing from the floor. Reward and praise your child for their attempts.

Provide a safe area for your baby to explore their environment now that they are on the move.

Push toys are a fun way for your baby to work on their walking skills. Always supervise your baby and make sure they are protected from any stairs.