

GROSS MOTOR DEVELOPMENTAL MILESTONES 12-15 MONTHS

Between 12-15 months, does your baby:

- get up into standing by themselves
- stand alone comfortably
- take a few steps without support
- crawl up stairs
- squat to play
- get on and off of a riding toy by themselves

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

- baby is not sitting
- baby is not crawling
- baby is not able to pull up to stand
- baby is not cruising

*There is no cost for assessments or treatment sessions

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

Turn on some music and dance. Show your baby how to turn, march on the spot etc. Label what you are doing i.e. “marching” or “backwards” (keep words simple)

Play with push toys and pull toys so your baby can gain more confidence with their walking skills.

Introduce your baby to tossing or kicking a ball.

Play together and explore. Your baby is learning so much through movement experiences.