

Stage 1		
Skill	Achieved	Notes
Side Lying with Support		
Support top knee against abdomen		
Reach or bring hands to mouth		
Supine (on back)		
Head in midline		
Hips and knees bent, knees together, feet on the floor		
Reach for toy at or above chest		
Supported sitting		
Support trunk and pelvis up straight		
Lift head to midline		
Supported Kneeling		
Knees together and toes pointed straight back		
Prop on elbows, with elbows forward of shoulders		
Lift head and trunk up straight		
Prone (on stomach)		
Legs together and straight, knees pointing down, pelvis flat		
Prop on elbows, with elbows forward of shoulders		
Lift head		
Rolling from side to stomach		
Place bottom elbow above the level of shoulder		
Support bottom leg straight		
Support pelvis		
Wait for child to respond by lifting head and rolling to stomach		

Stage 2		
Skill	Achieved	Notes
Supine (on back)		
Reach		
Bridge		
Hand to foot play		
Prone (on stomach)		
Prop on elbows		
Reach		
Prop on hands		
Pull to sit		
With chin tuck		
With grip strength		
Supported sitting		
Supported kneeling		
Rolling		
Back to stomach		
Stomach to back		

Stage 3		
Skill	Achieved	Notes
Prone (on stomach)		
Pivoting		
Sitting on the floor (trunk and pelvis up straight, legs in criss cross sit)		
With support and progress to sitting independently		
Moving to sit from the "L" position (over one side) with support		
Moving out of sitting (over one side)		
Supported kneeling		
Support knees together and play		
Move from kneeling to sitting		
90/90 sitting		
Pulling to stand from 90/90 sitting and lowering down to sitting, bending knees		
Supported standing with an optimal posture		

Stage 4		
Skill	Achieved	Notes
Crawling (belly on floor)		
Climbing up		
On sofa cushion on the floor		
2 stairs to the landing		
Moving to hands and knees (quadruped)		
Creeping (on hands and knees)		
Moving to sit:		
From stomach		
From hands and knees		
Pulling to kneel:		
From sitting		
From hands and knees		
Pulling to stand from kneeling:		
Push up on both legs		
Move through half kneel		
Moving from standing to sitting on the floor:		
Fall to sit		
Lower to sit with control, bending knees		
Standing at a surface and propping on it		
Rise up on tiptoes		

Stage 5		
Skill	Achieved	Notes
Cruising		
Walking		
Stepping with support (and how far the child walks)		
Trunk support		
2-hand support		
Pushing a Rubbermaid container or chair or standing toy		
With a push toy		
With a posterior walker		
Fast stepping		
Lunging steps to a high surface		
1 handed walking (waddle pattern)		
Independent steps		
First steps		
Distance: goal 15'		
Plantigrade to stand		
Standing balance		
Climbing		
Climb up flight of stairs		
Climb on/off sofa (without seat cushion)		
Climb down flight of stairs		