

# Supine: Typical Development

## Baby Development in Supine from 1-4 Months

### One Month



- Gravity and active extremity movements help to decrease newborn flexion
- Begins to orient to sensory inputs, control their head, and reciprocally kick; indicative of beginning development of core control
- Extremities moving away from trunk

### Two Months



- Appears more asymmetrical due to influence of ATNR and decreasing newborn flexion
- More alert and engaged, which drives interaction and movement
- Has not yet developed sustained midline core strength and control
- Vision briefly sustains head in midline

### Three Months



- Increased visual skills and alertness continue to drive engagement and motor development
- Gains anti-gravity movement of extremities and sustained midline control; indicative of increasing core control

### Four Months



- A critical time: integrated core control during play
- Head and hands in midline
- Back of neck lengthened; head begins to actively flex (known as a "chin tuck")
- Height of symmetry: moving out of, and back into, midline
- Abdominal muscles are active, bringing knees and hips up towards hands
- Strong visual skills

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# Prone: Typical Development

## Baby Development in Prone from 1-4 Months

### One Month



- Can lift head to clear airway and generally orient to sensory inputs in their environment
- Exhibits some asymmetry, but is still able to lift and turn head to either side
- Newborn flexion persists through hips, shifting weight forward to the head, decreasing upper extremity movement possibilities

### Two Months



- As newborn flexion decreases, a balance of baby's flexors and extensors increase core strength, which begins to assist with postural control
- Posterior weight shifting with head lifting
- Sensory input, from vision, hearing, and touch, increases awareness and motivation to lift and turn the head

### Three Months



- Increased midline positioning of the head
- Upper extremities move forward; chest lifts off surface with active propping on forearms; indicative of increasing core development
- Neck muscles lengthen; head lift is higher and sustained with turning

### Four Months



- Midline orientation predominate
- Core control allows for continued active lengthening of the neck muscles
- Maintains head upright and midline for extended periods
- Weight shifts more posteriorly, creating lower body stability, which allows for more mobility of head and upper extremities
- Downward vision helps to lengthen neck

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# Side Lying: Typical Development

## Baby Development in Side Lying from 1-4 Months

### One Month



- Typically not able to maintain this position independently
- Head is in line with trunk and hips

### Two Months



- May be able to briefly maintain this position independently
- Head is in line with trunk and hips
- May bring hands to mouth/together and begins to explore their clothes

### Three Months



- May roll from back to side
- Able to maintain this position independently for short amounts of time
- Beginning to swipe at toys

### Four Months



- Independently assumes and maintains this position
- Developed head and trunk symmetry; good midline orientation; improved head control
- Beginning to use purposeful and alternating coordinated movements away from trunk
- Provides baby with input through touch, visual, movement, and vestibular systems

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# Sitting: Typical Development

## Baby Development in Sitting from 1-4 Months

### One Month



- Trunk is slightly inclined forward with weight on sit bones with examiner support high on trunk
- Should be able to hold head over body for a few seconds
- Head may be turned or tilted to either side, though not always to the same side

### Two Months



- Trunk is more upright as baby lifts head and they are able to use more active upper trunk extension
- When supported, baby may start to hold their head over their body when tilted front to back and side to side
- Now opens and closes hands more often as they move arms away from body

### Three Months



- Head is held more symmetrically over trunk; supported lighter at ribcage
- Can now look around more easily without disturbing balance
- Can now move arms and hands more easily away from trunk as they begin to explore their body, including hands on trunk, legs, and feet

### Four Months



- Sits with head over trunk supported lower on the trunk; turns and looks side to side
- Balance responses are stronger
- More easily maintains head over trunk when body is tilted side to side
- Downward visual gaze
- More reaching away from the body
- Play alternates between exploring feet or toys on the ground and reaching up towards objects presented at shoulder height

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### One Month



- Will stand when placed on feet (due to standing reflex)
- Stand with a narrow base, with feet flat on the surface
- Requires support, but baby is always moving, playing with front and back movement over their feet
- If you lean baby forward over feet, baby will take “automatic steps”

### Two Months



- Appears to have less control than 1 month old
- Hips rotate out but stand with a narrow base
- May not take weight on legs, causing them to collapse into flexion
- May take full weight or take alternating weight on one leg and then the other

### Three Months



- Takes more weight on legs therefore needing less support from examiner; base on flat feet
- Moves buttocks front to back over feet while support is provided

### Four Months



- Has sufficient core strength to take weight on legs in standing with either hands held or with lower trunk support
- Buttocks remain behind feet with feet close together and flat on surface
- Arms more active away from trunk