

1 Month: Typical Movements

In Supine, Prone, Side Lying, Sitting, and Standing

Supine



- Head typically turned to one side, but able to visually follow objects from side to midline.
- Trunk will appear asymmetrical, which should be observed to both sides.
- Arm movements random, varied and hands may be open or closed.
- Legs flexed and rotated out. Kicking movements begin.

Prone



- Head turns primarily to one side, cheek rests on support surface, able to lift and turn head to clear nasal passages.
- Trunk angled with hips higher than head.
- Arms flexed and positioned next to trunk with elbows behind shoulders. Arms begin to move away from trunk.
- Legs primarily flexed at hips and knees.

Side Lying



- Head typically in line with trunk and hips.
- Trunk typically in line with head and hips. Not able to maintain this position independently.
- Arms remain close to chest in midline. Hands typically held together.
- Legs typically flexed up towards body. Bottom leg should rest on support surface. Top leg rests on bottom leg or surface.

Sitting



- Head may not be in midline and falls forward resulting in baby attempting to lift head.
- Trunk inclined forward with weight on sit bones.
- Arms move in and out of flexion and extension at elbows. Wrists extended and hands loosely closed.
- Legs typically flexed at hips and knees. Legs loosely rotated outward.

Standing



- Baby lifts head for brief periods. Head is not always in line with trunk.
- Trunk and shoulders slightly inclined forward. Buttocks behind shoulders.
- Arms are often flexed at the elbows but extend with activity.
- Legs may appear slightly bowed. Feet are flat on surface and close together.

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2 Months: Typical Movements

In Supine, Prone, Side Lying, Sitting, and Standing

Supine



- Head turns side to side and can briefly maintain midline.
- Trunk moving towards symmetry however ATNR still present but not obligatory.
- Arms move with variety: away from body, hand to mouth, and hands are open.
- Legs flexed and rotated out. Variety in kicking movements and feet come together.

Prone



- Head and upper trunk raise 45-60 degrees for short intervals. Lifts and turns head side to side.
- Upper back extensors and chest muscles assist with head lifting as hip flexion decreases allowing weight to shift more towards hips.
- Arms more active and able to prop on forearms with elbows behind shoulders.
- Legs flexed and rotated out.

Side Lying



- Head typically in line with trunk and hips. With imposed movements baby may begin to lift head.
- Trunk typically in line with head and hips. May be able to briefly stay in this position independently.
- Begins to bring hands to mouth and starts to finger own clothes and objects near hands.
- Legs typically flexed at hips and knees.

Sitting



- Holds head over trunk for 2-3 seconds.
- Trunk inclined forward. May try and lift/extend trunk when raising head up.
- Arms assist posture, lower arms free to move and hands open and close.
- Legs typically rotated out and flexed at hips and knees, but do not provide stability to sit. Feet can come together.

Standing



- Head typically held in midline, upright and chin not resting on chest.
- Trunk inclined forward. Trunk muscles active and strong allowing baby to be held in standing.
- Elbows and wrists now typically extended but can actively flex.
- Legs flexed and rotated out at hips. Feet flat on surface and close together. Baby may not sustain weight on legs.

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3 Months: Typical Movements

In Supine, Prone, Side Lying, Sitting, and Standing

Supine



- Head in midline. Can turn side to side to visually follow objects vertically and horizontally to both sides.
- Trunk symmetrical and active allowing for stability and mobility. Can lift hips off and bring hands to midline.
- Arms move from out wide to sides posture and hands together in midline.
- Legs still flexed and rotated out but will kick off surface.

Prone



- Head lifts 45-90 degrees in midline. Turns head side to side.
- Trunk gaining strength with lifting depending on position of arms and legs. Trunk lifts less the wider they're apart. Head movement causes side to side weight shifts of trunk.
- Shoulders flexed with elbows flexed and in line with shoulders.
- Legs are symmetrical. Hips flexed and rotate out, decreases with weight bearing over hips; feet are close or touching.

Side Lying



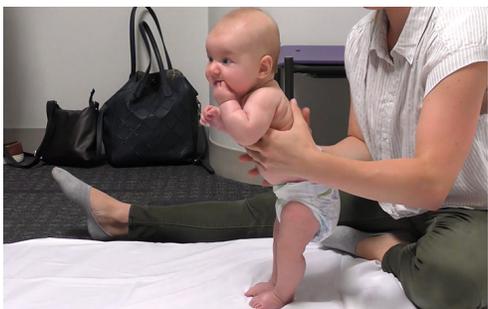
- Head in midline. Head lifting in response to weight shifting and may roll to side lying from stomach or back.
- Trunk strong enough to allow baby to maintain this position with minimal support.
- Arms begin to swipe at objects near body. Will bring hands to mouth.
- Legs may kick and top leg lifts and moves away from bottom leg.

Sitting



- Holds head up in line with body for 4-5 seconds and looks side to side.
- Baby sits upright on sit bones. Able to lift and align trunk/head upright when inclined forward 0-45 degrees.
- Arms and hands move against gravity when support provided at rib cage. May bring hands together or to mouth.
- Legs are turned out and flexed at hips and knees. May bring feet together.

Standing



- Head actively held aligned over trunk and baby will turn it to look to either side.
- Trunk is inclined with buttocks behind shoulders and stability assisted by upper extremities.
- Arms used for postural control by stabilizing arms against trunk. Elbows may flex or extend.
- Weight bearing with feet flat on surface increases knee extension; hips gently flexed. Toe curling frequently occurs.

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4 Months: Typical Movements

In Supine, Prone, Side Lying, Sitting, and Standing

Supine



- Head maintained in midline, back of neck lengthened, active chin tuck with downward visual gaze exhibited.
- Trunk balanced and active. Will play with hands to knees and may roll to side lying.
- Arms easily move off surface. Will see reaching and grasping.
- Legs flexed and rotated out. Increased activity of stomach and back muscles during kicking.

Prone



- Lifts and sustains head lift to 90 degrees in midline for long periods of time.
- Trunk muscles increase in strength, balance and activation. Able to prop on forearms with chest off surface.
- Props with elbows in front of shoulders; able to slide arm on surface to reach.
- Hip and knee extension continue to increase and moving towards midline. Alternating leg kicking present.

Side Lying



- Head easily lifts off surface. Head turning initiates rolling.
- Trunk muscles stronger and baby able to maintain position independently. May roll to back or stomach with trunk moving as a unit.
- Arms more active. Hands open and come together in midline. Grasps and brings toys to mouth.
- Legs more active with increased kicking. May place foot of top leg on surface.

Sitting



- Head held over trunk for prolonged periods. When shifting to one side, will see a tilt of head to opposite side.
- Trunk inclined forward. Has strength and balance to move in more upright position with lighter support from caregiver.
- Arms held close to body as arms/hands move against gravity. When supported, able to briefly reach and hold toy.
- Legs flexed at hips and knees. Legs rotated out and may move off surface.

Standing



- Head control sufficient to hold upright over trunk. May exhibit active chin tuck.
- Balance of symmetric trunk flexion and extension. Front to back and side to side movement of trunk and hips over feet.
- Arm movement limited because they're assisting with postural control.
- Weight bearing with feet flat on surface, knees slightly flexed with variable leg movement. May see toe curling.

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