

Milestones in the First Year

Remember, all children develop differently. Milestones usually emerge within a window of time. Use this guide instead of when your friend's baby/other kids, etc. met milestones. If you ever have questions about milestones, call Compleo for a FREE milestone check.

Birth–6 Months: Monitor for plagiocephaly (flat spots in the head) and torticollis (baby tilting head to one side or only wanting to look to one side). The earlier this is addressed the less likely your child is to need a helmet or extended therapy.

Tummy Time: From Birth! Tummy time creates critical stepping stones for later skills

- Lifts head to 45 degrees: 2–3 months
- Bears weight through arms: 4–6 months
- Prone Pivot (moves around on tummy): by 6 months
- Weight shifts in Prone (bears weight on one arm reaching for a toy with another): 6 months
- Lays on back and kicks legs: 2–3 months
- Rolling: back to belly and belly to back by 6 months. Your baby should roll to BOTH SIDES!



Crawling & Standing: We believe in the benefits of crawling. Don't skip this important milestone.

- Independent Sitting: should emerge 6–8 months
- Crawling on hands and knees: by 11 months
- Pull to stand at furniture: 8–10 Months
- Cruising at furniture (both directions): 10 Months
- Stands Independently (For brief periods): 10–12 Months



Walking: This is a BIG range. 12–18 months can be normal to start walking. If your child is not walking by 16 months, consider a screen for us to make sure they are moving towards walking!

Follow [@compleokids](#) for more milestone tips, or check out our Little Movers Series at [compleo.podia.com](#). Schedule free screen or appointment on [compleowaco.com](#) or call (254) 892–4957. Feel free to reach out if you have questions!

