










The Movement Can-Do Guide

On the Move

Watch Me Grow

In the Know

Play by Play	Moving into new skills and abilities	Growing through practice by playing, exploring, and experimenting	Automating skills while building confidence to try more
<p>Snugglers Birth to rolling over Approximate age: 0–6 months</p> 	<p>Primitive reflexes in place Head control (first attempts) Enjoys touch, massage, and skin-to-skin care</p>	<p>Hand and foot recognition starts Hip tips (attempting to roll) Discovery through senses emerging (especially mouth)</p>	<p>Fascinated by faces (studies facial expressions) Rolling independently Pushing up (from tummy) Postural reflexes emerging (primitive reflexes abating)</p> 
<p>Squigglers Rocking, crawling, and sitting Approximate age: 6–14 months</p> 	<p>Grasping Mouthing (mimicking mouth movements) Commando crawling (beginning to explore the floor)</p>	<p>Up on all fours Rocking Releasing grasp (voluntarily) Changing hands</p>	<p>Crawling Pincer grip Pushing into sitting position</p> 
<p>Scampers Pulling up to walking Approximate age: 9–24 months</p> 	<p>Learning navigation (small spaces) Pulling up to standing (aided) Cruising Bobbing up and down (aided)</p>	<p>Standing independently Climbing on furniture or stairs</p>	<p>Eye-hand coordination emerging (self-feeding) Toddling and walking</p> 
<p>Stompers Running and jumping Approximate age: 20 months–3½ years</p> 	<p>Running Bobbing up and down (independently)</p>	<p>Jumping (on two feet) Upper body strength (beginning to hold own weight)</p>	<p>Jumping (forward or backward) Manipulative skills (using objects to affect other things) Temporal awareness emerging (attempts to catch, bat, or kick moving ball)</p> 
<p>Scooters Hopping and climbing Approximate age: 3–4 years</p> 	<p>Early signs of handedness Balancing on one foot (dominant hand and foot awakening)</p>	<p>Marching Hopping on one foot Coordinated climbing</p>	<p>Galloping Midlines sharpening Dominant hand and foot developing</p> 
<p>Skeddaddlers Skipping, leaping, cooperative games, and dance Approximate age: 4 years and older</p> 	<p>Leaping (from standing) Cross-walking (crossing one foot over the other)</p>	<p>Leaping (from running) Skipping (no rope)</p>	<p>Automated, coordinated movement such as dance, skipping rope, and playground games</p> 

TOP-BOTTOM: © MIRAGE3 | DREAMSTIME.COM • © MONKEY BUSINESS IMAGES | DREAMSTIME.COM • © ASEPHZ | DREAMSTIME.COM • © LESYANOV | DREAMSTIME.COM • © ILKAEKA.SZAFABIAN | DREAMSTIME.COM • © PETER WAUTSCH / MARANZO GMBH | DREAMSTIME.COM