

3. To be able to ride a balance bike

Pre-Milestones

- Gradually develops ability to hold up own head
- Makes movements with arms and legs which gradually become more controlled - moves hands together/legs together
- Follows and tracks a sound or moving object, moving head and eyes
- When lying on back, plays with hands and grasps feet, alternating mouthing hands/feet with focusing gaze on them, and vocalising
- Reaches out for, touches and begins to hold objects, developing later on into being able to release grasp
- Rolls over from back to side, gradually spending longer on side waving upper leg before returning to back
- Develops roll from back right through to front, gradually becoming happy to spend longer on tummy as able to lift head for longer
- When lying on tummy becomes able to lift first head and then chest, supporting self with forearms and then straight arms
- Starts to creep (belly crawl commando-style) from prone (on tummy) position on the floor, often moving backwards before going forwards
- Belly crawling moves into crawling up on hands and knees
- Becomes adept at changing position from crawling to sitting in order to stop, pick up, handle and investigate objects
- Sits unsupported on the floor, leaving hands free to manipulate objects with both hands
- Picks up objects in palmar grip and shakes, waves, bangs, pulls and tugs them between two hands while looking at them
- Pulls to standing from crawling, holding on to furniture or person for support
- Walks around furniture lifting one foot and stepping sideways (cruising)
- Starts walking independently on firm surfaces and later on uneven surfaces
- Starts to throw and release objects overarm.
- Pushes, pulls, lifts and carries objects, moving them around and placing with intent
- Climbs inside, underneath, into corners and between objects
- Manipulates objects using hands singly and together, such as squeezing water out of a sponge