

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH**SUB-DOMAIN: MOTOR DEVELOPMENT****GROSS MOTOR SKILLS: BALANCE, MOVEMENT, AND COORDINATION****GOAL 17: CHILDREN DEMONSTRATE STRENGTH AND COORDINATION OF LARGE MOTOR MUSCLES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
Birth through 8 Months	Gain control of head, trunk, arms, and legs.	<ul style="list-style-type: none"> ▪ Moves initially in a predominantly reflexive way (rooting, sucking, grasping, blinking, and swallowing). ▪ Holds head erect and steady when held on a shoulder. ▪ Lifts head and chest while lying on tummy. ▪ Extends legs and kicks when lying on tummy or back. ▪ Supports upper body with arms when lying on tummy. ▪ Sucks thumb or fingers. ▪ Gains control of arm and leg movements. ▪ Rolls from side to back, then from back to front. ▪ Pounds on things with hands and kicks legs. ▪ Reaches for feet and brings them to mouth. ▪ Sits with support. ▪ Moves from sitting position to crawling or prone position. 	<ul style="list-style-type: none"> ▪ Encourage supervised tummy time. ▪ Provide periods of supervised play when infant is awake using a variety of positions (back, tummy, side). ▪ Provide times of adult-child physical play, taking cues from the child to know when the child is eager for play, decreasing the level of play when the child signals overstimulation. ▪ Offer visual and auditory stimuli so the child turns head and body from side to side. ▪ Position objects so the child stretches and reaches toward the object. ▪ Provide stable, secure bedding, diapering, and feeding equipment because infant cannot efficiently control movements.