

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
<p>6 to 18 Months</p>	<p>Develop strength, balance, and coordination to change the position of the body from lying to sitting, to standing, and then to walking, with or without support.</p>	<ul style="list-style-type: none"> ▪ Sits in lap with head steady. ▪ Sits steady, without support. ▪ Moves to sitting position, without assistance. ▪ Rocks back and forth on hands and knees and, later, crawls, then creeps. ▪ Pulls self from sitting to standing while holding onto something or someone. ▪ Walks holding on to furniture or objects. ▪ Walks two or three steps, without support. ▪ Squats to explore items on the ground. ▪ Stoops over to explore things on the ground; first without, and then with balance. ▪ Carries toys or objects while walking. ▪ Tries to climb stairs, with assistance. 	<ul style="list-style-type: none"> ▪ Provide space and opportunities for child to move safely and freely during waking hours. ▪ Provide large motor challenges in environment (pillows, mats, foam risers, variety of surfaces/levels). ▪ Provide a safe environment and objects for physical activity. ▪ Provide a variety of push/pull toys. ▪ Play interactive games and sing songs from child's home cultures that involve child's hands, feet, and body. ▪ Offer flooring indoors, and level outdoor surfaces that support practicing early steps. ▪ Provide motor challenges to allow child to go to the next level of development by moving up, over, around, on top of, and through equipment (slides, tunnels, multilevel foam risers). ▪ Offer adaptive equipment to build strength, stamina, balance, and coordination when a child has a delay or disability (e.g. adaptive chair or scooter boards for exploring a room).