

# Typical Sensory Motor Development

## 1 month:

- ◆ Limited head and neck control due to underdeveloped muscles.
- ◆ Other movements are often a result of newborn reflexes; such as the startle reflex.
- ◆ Visually see objects 8-10 inches away; such as a parents face.

## 3 months:

- ◆ Greater control of head and neck movement and can often balance their head in a stable position for short periods of time.
- ◆ May begin to engage in purposeful movement with their hands such as grasping an adults finger.
- ◆ Visually, begin to follow moving objects with their eyes.

## 4-6 months:

- ◆ Improved ability to use large muscles for functional movements such as; rolling, sitting with support, reaching and grasping objects.
- ◆ Depth perception and color vision develops (5 months).

## 6-9 months:

- ◆ Increased trunk control to sit independently.
- ◆ Begin crawling with hands and feet.
- ◆ Improved control of eye movements and eye body coordination skills.

## 9-12 months:

- ◆ Increased motor control of hands and fingers to grasp objects with thumb and index fingers.
- ◆ Begin putting various objects into mouth as a way of exploring sense of taste.
- ◆ May pull up to stand and began cruising. This helps strengthen their muscles needed for walking independently.
- ◆ Walking will typically begin between 9 and 15 months of age.