

## NORMAL

### First Year

#### Birth

Dependent Bundle  
Inert, Immobile, Reclining  
Movement is unorganized

## DEVELOPMENT

#### 12 Months

Independent on-purpose person  
Mobile, Erect  
Movement is tied to Purpose

### HUMAN BABY PATTERN OF DEVELOPMENT

- Predictable and linear Within each individual's time line
- Babies develop coordinated movement in 6 aspects as all body parts learn to work together:

Top and bottom → *Comprehension*

Back and front → *Organization*

Right and Left sides → *Communication*

Dr. Paul and Gail Dennison, Brain Gym

- Combination of sensory stimulation and movement, will build muscles and efficient movement patterns that lead to function

Milestone	Month
Head lifted against gravity when on tummy	1-2
“Swim” movements on the tummy	3
Push on hands when on tummy,	2-3
Toes to mouth, hands to midline when on back	4+
Roll over tummy to back	6 weeks to 6 months
Roll over back to tummy	6 months
Pivot on tummy to get toys	4 months +
Belly crawl	6 months
Assume Sit from sidlie	7 months
Sit independently	7 months
Creep on all fours	8-9 months
Pull to knees, pull to stand	6-7+ months
Bear walk	10+-12 months
Cruise furniture	11-12 months
Walk	12 months
Stoop to retrieve	9-12months
Walk to dance to run	13+ months

Beverly Stokes, Amazing Babies, Essential Movement for Your Baby in the First Year

**Each skill is necessary to provide the foundation for the next step.**

**Early Childhood Development is directly related to a child's intellectual and learning capabilities.**

Margaret Sasse, If Only We'd Known...

# Normal Development Literature References

## First Year Development

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