# Gross Motor Skills in Children with Down Syndrome

## Birth to Walking

Children learn gross motor skills at their own pace. Your child may develop some skills before others. Children with Down syndrome usually learn these skills in the following age ranges:

- Head control (3 - 8 months)
- On belly
  - Lift up chest (3 - 10 months)
  - Turns in circles (7 - 13 months)
- Grabs feet with hands to play on back (4 - 10 months)
- Rolling
  - Back to belly (5 - 9 months)
  - Belly to back (5 - 12 months)
- Sitting
  - Supports self with hands on floor (5 - 15 months)
  - Independent for 1 minute (6 - 16 months)
- Sit transitions
  - Get into sitting (9 - 24 months)
  - Get out of sitting (8 - 23 months)
- Belly crawl (9 - 19 months)
- Get on hands and knees (8 - 20 months)
- Crawl on hands and knees (10 - 24 months)
- Climb up stairs (12 - 28 months)
- Climb down stairs (15 - 35 months)
- Pull to stand (8 - 26 months)
- Stand independently (12 - 38 months)
- Move from standing to floor (10 - 24 months)
- Walking
  - Cruising - take steps holding onto a surface (12 - 24 months)
  - Walk with hands held (13 - 30 months)
  - Walk with push toy (16 - 30 months)
  - Walk alone (13 months - 4 years)

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