

# Gross motor skills: 3 to 6 months

## Skills to expect

### 3 months

- Rolls from back to side.
- Holds head up when on tummy or when held.

### 4 months

- Able to prop up on elbows while laying on tummy.
- Brings hands to each other, may begin to bring hands to their mouth.
- Begins to switch toys from one hand to another.

### 5 months

- Will start to reach for toys in front of them when on tummy with propped elbows.
- Begins to push through hands on tummy straightening arms.
- Will start to turn in a circle while on their tummy.
- Rolls from tummy to back over both sides.
- Brings hands to their feet and begins to bring feet to their mouth.
- Will start to sit while using their hands to help them stay sitting.

### 6 months

- Will sit without help from parents or objects.
- Rolls from back to tummy over both sides.

Notes:

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## How you can help

- In tummy time, place toys in front to work on reaching and pushing through arms.
- Offer toys within reach to encourage use of both hands to play.
- Work on rolling by putting toys on either side. Help move one leg in the direction you want baby to roll.
- Work on sitting by propping your baby up with your hands or pillows. As they get more stable, give less support

## Helpful toys to use

- Easy to hold rattles
- Sensory toys with different textures and noises
- Tummy time mirror
- Toys with lights and sounds
- Cups
- Blocks



## Toys to help gross motor skill development

### Rehabilitation Services and NEST Clinic

682-885-4063

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.