

1 Month: Typical Movements

In Supine, Prone, Side Lying, Sitting, and Standing

Supine



- Head typically turned to one side, but able to visually follow objects from side to midline.
- Trunk will appear asymmetrical, which should be observed to both sides.
- Arm movements random, varied and hands may be open or closed.
- Legs flexed and rotated out. Kicking movements begin.

Prone



- Head turns primarily to one side, cheek rests on support surface, able to lift and turn head to clear nasal passages.
- Trunk angled with hips higher than head.
- Arms flexed and positioned next to trunk with elbows behind shoulders. Arms begin to move away from trunk.
- Legs primarily flexed at hips and knees.

Side Lying



- Head typically in line with trunk and hips.
- Trunk typically in line with head and hips. Not able to maintain this position independently.
- Arms remain close to chest in midline. Hands typically held together.
- Legs typically flexed up towards body. Bottom leg should rest on support surface. Top leg rests on bottom leg or surface.

Sitting



- Head may not be in midline and falls forward resulting in baby attempting to lift head.
- Trunk inclined forward with weight on sit bones.
- Arms move in and out of flexion and extension at elbows. Wrists extended and hands loosely closed.
- Legs typically flexed at hips and knees. Legs loosely rotated outward.

Standing



- Baby lifts head for brief periods. Head is not always in line with trunk.
- Trunk and shoulders slightly inclined forward. Buttocks behind shoulders.
- Arms are often flexed at the elbows but extend with activity.
- Legs may appear slightly bowed. Feet are flat on surface and close together.

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