

Your Child's Movement Development

When to seek advice

Children learn movement skills at different rates. If you are worried about your child's progress or participation in everyday activities, ask for advice. Milestones are a guide, not a diagnosis.

Concerns worth discussing

- Taking longer than expected to develop sitting, standing or walking skills.
- Consistently using one side of the body much more than the other.
- Difficulty changing positions, managing steps or joining in play.
- Frequent falls that interfere with activities or seem unusual for their stage of development.

Speak with your maternal and child health nurse, GP or paediatric physiotherapist. For concerns across several areas, including communication or learning, involve your GP or paediatrician.

Loss of skills needs medical review

Arrange prompt medical review if your child loses a skill they previously used consistently, such as sitting, walking or talking. Seek urgent medical care for sudden weakness, a sudden inability to walk or changes accompanied by serious illness.

Supporting movement at home

Follow your child's interests and make practice part of play and daily routines. Allow time for them to try movements for themselves. Keep activities manageable and adapt them if your child becomes tired or distressed. Ask for individual guidance if they have pain, unusual stiffness or other medical concerns.

Preparing for an assessment

Bring your child's health record and relevant reports. Short videos can help show movements that are difficult to observe in the clinic. Note when concerns started, what has changed and which everyday activities are difficult. There is no need to practise for the appointment.

Little Strides Physiotherapy supports children and families with movement and gross motor development. Contact us for advice about an assessment.

Strides Health Group

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General information only; this sheet does not replace individual assessment or medical advice.

Further reading: Raising Children Network - Developmental delay and Developmental regression.
Clinical guidance: NICE neurological recognition and referral guidance.