# The Movement Can-Do Guide

## On the Move

### Play by Play

**Snugglers**
- Birth to rolling over
- Approximate age: 0–6 months
  - Primitive reflexes in place
  - Head control (first attempts)
  - Enjoys touch, massage, and skin-to-skin care

**Squigglers**
- Rocking, crawling, and sitting
- Approximate age: 6–14 months
  - Grasping
  - Mouth movements
  - Fingertips (beginning to explore the floor)

**Scampers**
- Pulling up to walking
- Approximate age: 9–12 months
  - Learning navigation (small spaces)
  - Pulling up to standing (aided)
  - Cruising
  - Bobbing up and down (aided)

**Stompers**
- Running and jumping
- Approximate age: 20 months–3½ years
  - Running
  - Bobbing up and down (independently)

**Scooters**
- Hopping and climbing
- Approximate age: 3–4 years
  - Early signs of handedness
  - Balancing on one foot (dominant hand and foot awakening)

**Skedaddlers**
- Skipping, leaping, cooperative games, and dance
- Approximate age: 4 years and older
  - Leaping (from standing)
  - Cross-walking (crossing one foot over the other)

## Watch Me Grow

### Growing through practice

- Hand and foot recognition starts
- Hip tips (attempting to roll)
- Discovery through senses emerging (especially mouth)

### Automating skills while building confidence to try more

- Fascinated by faces (studies facial expressions)
- Rolling independently
- Pushing up (from tummy)
- Postural reflexes emerging (primitive reflexes abating)

## In the Know

### Snugglers
- Birth to rolling over
- Approximate age: 0–6 months
  - Primitive reflexes in place
  - Head control (first attempts)
  - Enjoys touch, massage, and skin-to-skin care

### Squigglers
- Rocking, crawling, and sitting
- Approximate age: 6–14 months
  - Grasping
  - Mouth movements (mimicking mouth movements)
  - Commando crawling (beginning to explore the floor)

### Scampers
- Pulling up to walking
- Approximate age: 9–12 months
  - Learning navigation (small spaces)
  - Pulling up to standing (aided)
  - Cruising
  - Bobbing up and down (aided)

### Stompers
- Running and jumping
- Approximate age: 20 months–3½ years
  - Running
  - Bobbing up and down (independently)

### Scooters
- Hopping and climbing
- Approximate age: 3–4 years
  - Early signs of handedness
  - Balancing on one foot (dominant hand and foot awakening)

### Skedaddlers
- Skipping, leaping, cooperative games, and dance
- Approximate age: 4 years and older
  - Leaping (from standing)
  - Cross-walking (crossing one foot over the other)

---