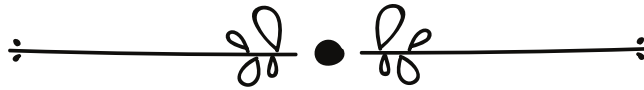


FINE MOTOR MILESTONES CHECKLIST



This compilation of early childhood physical development includes a fine motor milestone checklist for each age range, birth through six years. This fine motor milestones list can be helpful for parents of young children, teachers in preschool through the early grades, and occupational therapy professionals looking for fine motor developmental resources.

NEWBORN - 2 MONTHS

- Has a strong grasp; Opens and closes fists
- Brings hand to, or near mouth
- Arms stretch out and hands open
- Scratches fingers along blanket or clothing
- Looks toward outstretched hand (often eliciting the ATNR reflex)

3 - 5 MONTHS

- Holds a toy when placed in hand
- Uses arms to purposely swing at toys
- Brings hands to mouth consistently
- Pushes up onto elbows/forearms when on tummy

6 MONTHS

- Consistent, purposeful reach using vision to guide movement
- Transfers objects hand to hand
- Finger feeds large foods (e.g., biscuit)
- Shakes/bangs toys
- Leans on hand/s to support seated position

7 - 9 MONTHS

- Plays using arms (Peek-A-Boo; So Big!)
- Index finger use to "poke"
- Raking cereal with fingers to grasp
- Purposeful grasp and release of objects into containers
- Grasp on thumb side of hand

10 - 12 MONTHS

- Grasps with thumb and 2 fingers
- Pincer grasp develops; picks up cereal/small objects with thumb and index finger
- Imitates tool use (e.g. brushing hair, using a toothbrush)
- Uses hands to push, pull, squeeze and rotate
- Removes socks
- Stacks blocks; may not balance them

12 - 24 MONTHS

- Self feeds using hands or utensils
- Points with index finger
- Complete simple form shape puzzles (circle, square, then triangle)
- Brings hands together to midline for use
- Scribbles on paper spontaneously
- Holds crayon with fist hand
- Stacks 2-6 block tower

2 - 3 YEARS

- Pushes, winds, slides to activate toys
- Self feeds with utensils and open cup, some spillage.
- Screws/unscrews lids
- Strings several large, 1 - 1.5 inch beads
- Imitates, eventually copies from a model, vertical, horizontal lines, and circle
- Holds crayon with thumb and fingers
- Stacks 6-8 block tower, begins to follow block designs
- Uses scissors to snip paper
- Turns single pages in book

3- 4 YEARS

- Self feeds with utensils and open cup, little spillage.
- Strings small beads
- Snaps clothing, zips with assistance, begins to manipulate large buttons
- Folds and creases paper
- Imitates, then copies a cross ("t")
- Draws a two part person
- Holds pencil with thumb and fingers
- Stack 9-10 block tower, begins to copy block designs (train, bridge, wall)
- Uses scissor to cut along a thick, straight line

4 - 5 YEARS

- Self feeds with utensils and an open cup, no spillage.
- Imitates 4-6 part block designs
- Buttons clothes
- Laces sewing card
- Opens all fasteners
- Imitates then copies a diagonal line, square, triangle, and X
- Draws a 3 part person
- Uses scissors to cut simple shapes

5 - 6 YEARS

- Builds complex designs with Legos, Tinker toys, etc.
- Imitates, then copies a rectangle
- Connects two dots with straight line
- Copies, then prints first name from memory
- Copies letters and numbers
- Draws an 6 part (or more) person, and recognizable pictures
- Uses scissors to cut complex shapes
- Ties laces together
- Cuts food with butter knife



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