



## **Fine Motor Skills Developmental Milestones for Children Ages Birth – 5 Years**

### *0-3 months*

- Grasping reflex: When an object is placed in the palm of the hand, the baby will hold it tightly for a few seconds.
- Open hand position: Will begin to keep the hands in an open position.
- Eye-Tracking: Will use eyes to follow an object that is moved in a variety of directions (upward, downward, side to side and in a circle).

### *3-6 Months*

- Reaching upward: When sitting in a carrier seat or on back, will reach up toward a dangling object and touch it, using either hand.
- Palmer grasp: Will voluntarily reach for and hold an object for up to a minute, using the palm and fingers.
- Hands to midline: Will bring hands together in front of chest. The baby will play with fingers or toys in this position.
- Ulnar Palmar grasp: Will pick up an object using palm and the outside border of hand/
- Radial Palmar grasp: Will pick up an object by using thumb and first two fingers.

### *6-9 Months*

- Baby will hold an object such as a toy or eating utensil in hand and bang it on a hard surface.
- When playing with toys or eating utensils, will transfer an object from one hand to the other hand.
- Inferior pincer grasp: Will be able to pick up small objects such as Cheerios by resting forearm on a table and using the sides of thumb and first finger.
- Will be able to hold one object in each hand at the same time.
- Will be able to pull one peg out of a pegboard.

### *9-12 Months*

- Isolated index finger action: Will point or poke at an object using only first finger.
  - Holds crayon adaptively: Will hold a fat crayon or marker in fist and make a few scribble marks on paper.
  - Will be able to put objects into and pull them out of a container.
  - Will use both hands separately and independently from each other.
  - May pick up and hold a toy in each hand or reach for a toy with only one hand.
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- Will attempt to stack a one-inch block on top of another one-inch block.
  - Self-help feeding: Will be able to use fingers to feed self small piece of food.

#### *12-15 months*

- Superior pincer grasp: Will pick up and release a small object such as a piece of cereal by using the tip of first finger and thumb while holding wrist off of the surface.
- With assistance, will be able to put objects into their respective containers, such as placing pegs into a pegboard or shapes into a shape sorter.
- Will be able to turn the pages in a book, often turning many pages at once.
- Will be able to remove the cover of a small jewelry box.
- Will begin to assist with dressing by taking off hat, socks, shorts or pants.

#### *15-18 Months*

- Will be able to build a tower using 3 or 4 one-inch cubes.
- Will be able to place a round piece into a form board when three different shapes are given.
- Will hold eating and writing tools such as a spoon or marker using thumb, fingers and palm.
- After watching you draw lines on a piece of paper, will attempt to draw lines on the paper.
- Will be able to use both hands in midline. One hand will be able to stabilize the object while the other hand manipulates it.
- Will attempt to eat meals using a spoon.

#### *18-24 Months*

- Will be able to confine scribbling to the paper in front of him/her.
- Will be able to imitate a circular and vertical line that you have drawn.
- After watching you fold a piece of paper in half, will attempt to fold a piece of paper in half.
- Will be able to string 1 to 3 one-inch beads.

#### *24-30 months*

- After watching you draw a vertical or horizontal line on a piece of paper, will attempt to imitate the same strokes that were made.
  - Will be able to correctly put at least three shapes into a formboard.
  - Will be able to hold a jar in one hand and unscrew the lid with the other hand.
  - Digital pronated grasp: Will hold a crayon with thumb and all fingers. Wrist will be turned so that the thumb is toward the paper.
  - Will be able to cut snips in a paper using blunt-tipped scissors.
  - Will begin to use a fork to eat.
  - Will be able to put on simple clothing items such as hats, t-shirts or pants that have an elastic waist.
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*30-36 Months*

- Can align three cubes and position forth cube on top at one end/
- Can string four beads.
- After you draw a vertical line with a horizontal one crossing it, will be able to imitate you and draw a figure that resembles a cross.
- Can copy a circle with end points within  $\frac{1}{2}$ " to 1" of each other.
- Can build a tower of 10 one-inch blocks.

*36-42 Months*

- Can cut a piece of 8.5 x 11 inch paper into 2 pieces.
- Can lace three holes in a lacing strip following demonstration.
- Can draw intersecting lines that are within 20 degrees of perpendicular.

*42-48 Months*

- Can grasp marker with thumb and pad of index finger; with the other three fingers secure against palm. Upper portion of marker rests between thumb and index finger. Child moves hand as unit while drawing.
- Can unbutton three buttons in 75 seconds or less.
- Can cut paper with 5 x  $\frac{1}{4}$ " line the entire length within  $\frac{1}{2}$ " of the line.
- Can put 10 pellets in a bottle in 30 seconds or less.
- Can trace a 5 x  $\frac{1}{4}$ " line (horizontal position), deviating off the line no more than 2 times and by no more than  $\frac{1}{2}$ ".

*48-54 Months*

- Can button and unbutton one button in 20 seconds or less.
- Can grasp marker between thumb and pad of index finger. Marker rests on first joint of middle finger.
- Can copy a square. Draws lines that are straight and within 15 degrees of vertical and horizontal, with closed corners.
- Can cut a circle within  $\frac{1}{4}$ " of line for  $\frac{3}{4}$  of the circle.
- Can build steps using 6 one-inch blocks after briefly seeing them in standing position (not observing how they were built).

*54-60 Months*

- Can touch each finger to thumb within 8 seconds following demonstration of touching each finger in succession to thumb, starting with the index finger, at a rate of 1 touch per second.
- Can connect dots with a line that does not deviate more than  $\frac{1}{4}$ " from horizontal.
- Can cut a square within  $\frac{1}{4}$ " of the lines.
- Can build 6-cube pyramid with example in front of him/her.
- Can fold 8.5 x 11" paper in half lengthwise with edges parallel and within  $\frac{1}{8}$ " of each other.
- Colors between parallel lines. Colors  $\frac{3}{4}$  of space without crossing lines more than 2 times.