

# FINE MOTOR MILESTONES

## 0-3 MONTHS

- Arm movements are random and not controlled
- Reflexive grasp when object placed in hand
- Watches hand movements
- Will begin to hold objects in their hands

## 3-6 MONTHS

- Holds hands together
- Controlled reach develops
- Voluntary grasp develops
- 1 handed palmer grasp

## 6-9 MONTHS

- Uses a raking grasp to pick up objects
- Brings objects to mouth for sensory exploration
- Begins to hold bottle
- Pokes at objects with index finger
- Squeezes objects with their fist

## 9-12 MONTHS

- Begins to feed self finger foods
- Pincer grasp develops (using index finger and thumb)
- Transfers objects between hands (starting midline crossing)
- Grabs crayons with a fistful grasp

## 1-2 YEARS

- Builds tower of 3 small blocks
- Claps hands together
- Scribbles with whole arm movement
- Can turn 2-3 pages of a book
- Self-feeds given minimal assistance
- Holds and drinks from sippy cup independently

## 2-3 YEARS

- Able to string 4 large beads
- Snips with scissors
- Holds crayon with thumb and fingers
- Uses one hand consistently in most activities
- Can complete simple puzzles
- Able to imitate circular, vertical, and horizontal strokes



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# FINE MOTOR MILESTONES

## 3-4 YEARS

- Builds tower of up to 9 blocks
- Able to copy vertical and horizontal lines, and circle (Age 3)
- Able to copy +, square, /, and \ (age 4)
- Uses non-dominant hand to stabilize objects
- Can unbutton large buttons

## 4-5 YEARS

- Cuts on line continuously
- Begins to print name (Age 5)
- Hand dominance mostly developed
- Can dress and undress independently
- Completes 4-5 piece puzzle
- Can color a picture within 1/4 inch of the lines

## 5-6 YEARS

- Cuts out simple shapes
- Able to copy triangle
- Uses 3-fingered tripod grasp of pencil, and uses fingers to control the movement
- Colors in the lines
- Can draw basic pictures

## 6-7 YEARS

- Can copy first name (age 6)
- Can put 16-20 piece puzzle together
- Forms most letters and numbers correctly and on the line consistently
- Demonstrates controlled pencil movements
- Ties shoelaces independently

## 7-8 YEARS

- Maintains legibility of handwriting while printing a story



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