

FINE MOTOR MILESTONES CHART

EDUCATIONAL HANDOUT

The chart is a collection of early childhood fine motor development skills from birth to 6 years old. It may be helpful for parents with young children and occupational therapy practitioners who need more resources.

When using the chart, consider the following:

- Review the child's skills that they display to their current age.
- Each stage assumes that the prior stages have been met.
- The chart was designed to serve as a functional screening tool. It is not an alternative for assessments or reflects strict, standardized research.

Newborn-2 months



- Strong grasp where opens and closes the fists
- Brings the hand to or near the mouth
- Arms stretch out and the hands open
- Scratches fingers along fabric, such as blankets and clothes
- Looks toward outstretched hand
- Tightly grasp objects when they are placed in the child's hands
- Briefly holds small objects that are placed in the child's hands



3-5 months

- Holds an object when it is placed in the hand
- Uses arms to purposely swing at objects
- Consistently brings hands to mouth
- Pushes up onto elbows or forearms when placed on their stomach
- Hands are more relaxed
- Touches fingers together
- Touches or bangs an object on a hard surface, like a table
- Begins reaching with both hands at the same time

6-7 months



- Transfers objects from hand to hand
- Finger feeds foods
- Shakes or bangs toys, like rattle
- Leans on hands to a support seating position
- Reaches for an object with a hand
- Uses a raking grasp to pick up small objects



10-12 months

- Pulls out three items that are placed vertically in play dough
- Releases an object into an adult's hand when requested
- Places small objects into a medium size container
- Uses a tripod grasp (thumb, index finger, and middle finger)
- Uses a pincer grasp (thumb and index finger)
- Places medium-sized objects into a container
- Imitates tool use, like using a toothbrush
- Uses hands to remove socks by pushing, pulling, and squeezing
- Stacks blocks but may not balance them

7-9 months

- Transfers an object from one hand to the other
- Uses an inferior pincer grasp (pads of thumb and index finger) to pick up small objects, like cereal
- Pulls an item that is placed vertically in play dough
- Pokes objects with index finger
- Bangs two objects together, like blocks
- Claps hands



12-24 months

- Throws a ball and picks it up
- Turns single thick pages of a book
- Removes or dumps out objects from a container
- Points with index
- Places simple shapes into a puzzle board
- Places small objects into a small container
- Makes small marks on a paper
- Builds a tower with 2-6 blocks
- Brings hands together at midline to play
- Spontaneously scribbles on paper
- Holds crayon with fist hand
- Turns knobs
- Self-feeds with minimal assistance where can feeds self using hands and brings spoon to mouth
- Independently holds and drinks from cup
- Puts four rings onto stick
- Places five pegs into a pegboard
- Paints with whole arm movements and shifts hands to make strokes
- Can use signing to communicate



2-3 years



- Activates toys by pushing, winding, and sliding
- Screws and unscrews lids with some assistance
- Strings four large size beads
- Imitates and later copies vertical lines, horizontal lines, and circle
- Holds a crayon with thumb and fingers (not fist)
- Stacks 6-8 blocks to build a tower
- Begins to follow block designs
- Snips paper with scissors
- Turns single, thin pages in book
- Uses one hand consistently for most activities
- Paints with some wrist action where makes dots, lines, and circular strokes
- Plays with play dough by rolling, pounding, and squeezing
- Eats with more independence with hands and utensils and drinks from an open cup with some spillage

3-4 years

- Eats with eating utensils and drink from an open cup with little spillage
- Strings small size beads
- Snaps and zips clothes with assistance
- Begins to manipulate large size buttons
- Folds and creases paper
- Imitates and later copies a cross when drawing
- Draws a person with two parts
- Holds a pencil with thumb and fingers
- Stacks 9-10 blocks to build a tower
- Begins to copy block designs, like a train, bridge, and wall
- Cuts along a thick, straight line with scissors
- Uses the non-dominant hand to assist and stabilize the use of objects



4-5 years

- Feeds self with eating utensils and drink from an open cup with no spillage
- Imitates block designs that has 4-6 parts
- Manages buttons clothes
- Laces a sewing card
- Opens all fasteners, like buttons, zippers, and snaps
- Imitates and later copies a diagonal line, square, triangle, and X when drawing
- Draws a person with 3 parts
- Cuts on a line continuously and simple shapes with scissors
- Establishes hand dominance
- Dress and undress with little assistance
- Learns to write name and numbers 1-5



5-6 years

- Builds complex designs with building toys, like blocks, Legos, and Tinker toys
- Imitates and later copies a rectangle
- Connects two dots with a straight line
- Copies and later prints first name from memory
- Copies upper and lowercase letters and numbers
- Draws a person with at least 6 parts that are recognizable
- Cuts complex shapes with scissors
- Ties laces together during shoe tying
- Cuts food with a butter knife
- Pastes and glues for a craft
- Draws basic pictures
- Colors within majority of the lines
- Uses a more functional grasp, such as tripod or quadrupod, with a pencil and uses fingers to generate the movements when writing or coloring



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