

FINE MOTOR SKILLS

0-3 MONTHS

- Grasp a finger or toy
- Turn my head towards a sound or voice
- Gaze at someone talking
- Wiggle arms and kick my legs

3-6 MONTHS

- Hold my head steady
- Clasp my hands together
- Bring my hands to my mouth
- Begin to push up on my elbows when places on my tummy
- Shake toys or swing my arms at hanging toys

6-9 MONTHS

- Wave
- Point at things
- Pass objects from one hand to the other
- Pick up small food with my thumb and fingers

9-12 MONTHS

- Feed myself cereal or crackers using my thumb and index finger
- Hold and play with a spoon at meal times
- Hand toys or books to you
- Remove puzzle pieces or ring stack toys

12-18 MONTHS

- Begin to complete puzzles
- Help take off my socks or hat
- Hold my own bottle
- Bring toys or small items in from another room

18-24 MONTHS

- Help clean up toys
- Assemble four blocks or nesting cups
- String large beads
- Build a tower using six blocks

24-30 MONTHS

- Wash my hands (may still need some assistance)
- Brush my teeth (may still need some assistance)
- Remove several articles of clothing to help undress
- Catch a large ball
- Hold a crayon with my thumb and fingers to draw lines and possibly circles

30-36 MONTHS

- Begin to use scissors to snip paper
- String smaller beads
- Build a tall tower of blocks
- Complete 3-4 piece puzzles

36-42 MONTHS

- Draw a person with 2 or 3 body parts
- Use scissors to snip paper
- Brush my teeth unassisted
- Steer a tricycle

42-48 MONTHS

- Stack a tower of small blocks unassisted
- Build a structure
- Catch a ball
- Throw a ball towards a person
- Draw a person with 4 or 5 body parts

48-54 MONTHS

- Play a simple board game or card game
- Copy letters
- Use scissors to cut a line
- Dress and undress myself
- Help serve food unto my plate

54-60 MONTHS

- Draw pictures
- Simple writing tasks like letters
- Cut out shapes from paper following lines