



## Fine Motor Skills

*Fine motor skills refers to the movements we make using the small muscles of our hands. From birth on children use their hands to explore their own bodies and the world around them. Strength in the core muscles of the trunk is critical and typically the development of fine motor skills accelerates after a baby has mastered sitting and crawling.*

### FINE MOTOR MILESTONES

#### BIRTH—ONE YEAR

- Will follow bright objects with their eyes, **1-3 mos**
- Bring hands together and to mouth, **3 mos**
- Prop on extended arms when lying on tummy, **5 mos**
- Hold their own bottle, **6 mos**
- Transfer objects from one hand to the other, **7 mos**
- Pinch small objects with thumb and pointer finger, **9 mos**
- Bang two objects together, **10 mos**
- Wave hello or goodbye, **9 mos**
- Point to objects with pointer finger, **12 mos**



### FINE MOTOR MILESTONES

#### ONE—TWO YEARS

- Hold out an arm or leg to assist with dressing, **15 mos**
- Scribble with a crayon, **14 mos**
- Drink from a cup and feed with a spoon, **14 mos**
- Build a tower of 4-6 blocks, **20 mos**
- Turn knobs, **20 mos**
- Place large shapes into shape sorter, **18 mos**
- Imitate vertical lines & circles with a crayon, **30 mos**
- Hold crayon with fingers at tip, **32 mos**



### FINE MOTOR MILESTONES

#### THREE - FOUR YEARS

- Build a tower of 9-10 small blocks, **3 yrs**
- Hold a crayon or pencil with a mature grasp (like adult), **3 yrs**
- Draw a circle by themselves, **3 yrs**
- Imitate drawing a cross or square, **3 yrs**
- Start to cut along a straight line, **3 yrs**
- Build with large linking blocks such as Duplos **3.5 yrs**
- Manage buttons, **4 yrs**
- Start to dress self (may still need help with shirts/jackets), **4 yrs**
- Use playdough to make balls, snakes, cookies, etc..., **4.5 yrs**



### FINE MOTOR MILESTONES

#### FIVE YEARS

- Use one hand consistently for fine motor tasks, **5 yrs**
- Cut along a curved line (like a circle), **5 yrs**
- Learning to print capital letters, **5 yrs**
- Color inside the lines, **5 yrs**
- Draw recognizable pictures, **5 yrs**
- Dress self (help with fasteners), **5 yrs**
- Build with small linking blocks (Legos), **5.5 yrs**
- Spread butter or cut soft foods with table knife (with supervision), **5.5 yrs**



### *What is Occupational Therapy?*

Occupational therapy can help children with various needs improve their cognitive, physical, sensory and fine motor skills so that they can achieve independence in their primary "occupations" of playing, learning, and interacting with others. Occupational therapy treatment focuses on: fine motor skills, hand-eye coordination, sensory processing, oral motor and feeding habits, cognitive and self-care skills. Mastery of these skills helps our children to become more independent and improves their self esteem and sense of accomplishment.

Are you concerned about your child's development? Call Joe's Kids today at [574-376-2316](tel:574-376-2316) for a free developmental screening.