

The following checklist is intended as a simple guideline to help ensure that children are gaining age-appropriate fine motor skills.

- 0 - 2 Months** Looks at hands  
Puts hands in mouth
- 2 - 4 Months** Begins to reach for objects  
Hands often clasped together  
Shows full active range of movements of fingers, wrists and hands while playing
- 4 - 8 Months** Reaches for objects  
Able to pick up and hold a 1" block  
Shakes rattles  
Able to pick up a small object using whole hand  
Puts toys and objects in mouth
- 8-12 Months** Beginning to develop a mature pincer grasp for tiny objects  
Holds larger objects with both hands (e.g. baby bottle)  
Transfers toys from one hand to the other  
Like to throw, bang and dump objects
- 1 -2 Years** Uses a mature pincer grasp for small objects  
Has controlled release of objects  
Stacks approximately five 1" blocks  
Scribbles when given a crayon
- 2 - 3 Years** Uses both hands together to open simple containers  
Strings large beads  
Colours large pictures  
Snips with scissors
- 3 - 4 Years** Can do simple fasteners (large buttons)  
Can dress and undress  
Can copy simple shapes (circle, triangle, square)
- 4 - 6 Years** Learns to tie shoes  
Learns to print name  
Can manage all fasteners (buttons, snaps, and zippers)  
Enjoys playing with construction toys

If you have questions or concerns regarding a child's fine motor skill development, assessment with an occupational therapist may be helpful. Please contact our clinic for assistance or for more information.