

## Fine and Gross Motor Skills by Age

| <b><u>Group</u></b> | <b><u>Age</u></b>                                                                                                                                                                                                                                        | <b><u>Fine Motor Skills</u></b>                                                                                                                                        | <b><u>Gross Motor Skills</u></b>                                                                                                                                             |
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| <b>Infants</b>      | 1 month                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"> <li>• Fists mostly clenched</li> <li>• Involuntary hand movements</li> </ul>                                                        | <ul style="list-style-type: none"> <li>• Lifts and turns head to side in prone position</li> <li>• Head lag when pulled to sit</li> <li>• Rounded back in sitting</li> </ul> |
|                     | 2 months                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• Holds hands in an open position</li> <li>• Grasp reflex fading</li> </ul>                                                     | <ul style="list-style-type: none"> <li>• Raises head and chest, holds position</li> <li>• Head control is improving</li> </ul>                                               |
|                     | 3 months                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• Holds hand in front of face</li> <li>• Keeps hands open</li> </ul>                                                            | <ul style="list-style-type: none"> <li>• Raises head to 45 degrees in prone</li> <li>• Slight head lag in pull-to-sit</li> </ul>                                             |
|                     | 4 months                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• Bats at objects</li> <li>• Grasps objects with both hands</li> </ul>                                                          | <ul style="list-style-type: none"> <li>• Lifts head and looks around</li> <li>• Rolls from prone to supine</li> <li>• Head leads body when pulled to sit</li> </ul>          |
|                     | 5 months                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• Grasps rattle</li> <li>• Uses palmar grasp dominantly</li> </ul>                                                              | <ul style="list-style-type: none"> <li>• Rolls from supine to prone and back again</li> <li>• Sits with back upright when supported</li> </ul>                               |
|                     | 6 months                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• Releases object in hand to take another</li> <li>• Holds bottle</li> </ul>                                                    | <ul style="list-style-type: none"> <li>• Tripod sits</li> </ul>                                                                                                              |
|                     | 7 months                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• Transfers object from one hand to the other</li> </ul>                                                                        | <ul style="list-style-type: none"> <li>• Sits alone with some use of hands for support</li> </ul>                                                                            |
|                     | 8 months                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• Gross pincer grasp (rakes)</li> </ul>                                                                                         | <ul style="list-style-type: none"> <li>• Sits unsupported</li> </ul>                                                                                                         |
|                     | 9 months                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• Bangs objects together</li> <li>• Has crude pincher grasp</li> <li>• Dominant hand preference evident</li> </ul>              | <ul style="list-style-type: none"> <li>• Crawls, abdomen off floor</li> </ul>                                                                                                |
|                     | 10 months                                                                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>• Fine pincer grasp</li> <li>• Puts objects into container and takes them out</li> <li>• Grasps rattle by the handle</li> </ul> | <ul style="list-style-type: none"> <li>• Pulls to stand</li> <li>• Cruises</li> </ul>                                                                                        |
|                     | 11 months                                                                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>• Offers objects to others and releases them</li> </ul>                                                                         | <ul style="list-style-type: none"> <li>• Cruises or walks while holding onto something</li> </ul>                                                                            |
| 12 months           | <ul style="list-style-type: none"> <li>• Feeds self with cup and spoon</li> <li>• Makes simple mark on paper</li> <li>• Pokes with index finger</li> <li>• Tries to build a 2-block tower without success</li> <li>• Can turn pages in a book</li> </ul> | <ul style="list-style-type: none"> <li>• Sits from standing position</li> <li>• Walks independently</li> </ul>                                                         |                                                                                                                                                                              |

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| <b>Toddlers</b> | 15 months | <ul style="list-style-type: none"> <li>• Feeds self-finger foods</li> <li>• Uses index finger to point</li> </ul>                                                                                                                                                               | <ul style="list-style-type: none"> <li>• Walks independently</li> </ul>                                                                                                                                                                       |
|                 | 18 months | <ul style="list-style-type: none"> <li>• Masters reaching, grasping, and releasing: stacks blocks, puts things in slots</li> <li>• Turns book pages (singly with board book, multiple if paper)</li> <li>• Removes shoes and socks</li> <li>• Stacks four cubes</li> </ul>      | <ul style="list-style-type: none"> <li>• Climbs stairs with assistance</li> <li>• Pulls toys while walking</li> </ul>                                                                                                                         |
|                 | 2 years   | <ul style="list-style-type: none"> <li>• Builds tower of six or seven cubes</li> <li>• Right- or left-handed</li> <li>• Imitates circular and vertical strokes</li> <li>• Scribbles and paints</li> <li>• Starts to turn knobs</li> <li>• Puts round pegs into holes</li> </ul> | <ul style="list-style-type: none"> <li>• Runs</li> <li>• Kicks ball</li> <li>• Can stand on tiptoe</li> <li>• Carries several toys, or a large toy while walking</li> <li>• Climbs onto and down from furniture without assistance</li> </ul> |
|                 | 2.5 years | <ul style="list-style-type: none"> <li>• Draws circles</li> <li>• Has good hand-finger coordination</li> </ul>                                                                                                                                                                  | <ul style="list-style-type: none"> <li>• Jumps across the floor and off a chair or step using both feet</li> <li>• Stands on one foot momentarily</li> <li>• Takes a few steps on tiptoe</li> </ul>                                           |

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| <b>Preschoolers</b> | 3 years | <ul style="list-style-type: none"> <li>• Undresses self</li> <li>• Copies circle</li> <li>• Builds tower of nine or ten cubes</li> <li>• Holds a pencil in writing position</li> <li>• Screws/unscrews lids, nuts, bolts</li> <li>• Turns book pages one at a time</li> </ul>                                                                                                       | <ul style="list-style-type: none"> <li>• Climbs well</li> <li>• Pedals tricycle</li> <li>• Runs easily</li> <li>• Walks up and down stairs with alternate feet</li> <li>• Bends over easily without falling</li> </ul>                                                                                                 |
|                     | 4 years | <ul style="list-style-type: none"> <li>• Uses scissors successfully</li> <li>• Copies capital letters</li> <li>• Draws circles and squares</li> <li>• Traces a cross or diamond</li> <li>• Draws a person with two to four body parts</li> <li>• Laces shoes</li> </ul>                                                                                                             | <ul style="list-style-type: none"> <li>• Throws ball overhand</li> <li>• Kicks ball forward</li> <li>• Catches bounced ball</li> <li>• Hops on one foot</li> <li>• Stands on one foot up to 5 seconds</li> <li>• Alternates feet going up and down steps</li> <li>• Moves backward and forward with agility</li> </ul> |
|                     | 5 years | <ul style="list-style-type: none"> <li>• Prints some letters</li> <li>• Draws person with body and at least six parts</li> <li>• Dresses/undresses without assistance</li> <li>• Can learn to tie laces</li> <li>• Uses fork, spoon, and knife (supervised) well</li> <li>• Copies triangle and other geometric patterns</li> <li>• Mostly cares for own toileting needs</li> </ul> | <ul style="list-style-type: none"> <li>• Stands on one foot 10 seconds or longer</li> <li>• Swings and climbs well</li> <li>• May skip</li> <li>• Somersaults</li> <li>• May learn to skate and swim</li> </ul>                                                                                                        |