

Fine motor skills developmental checklist

Under 6 Months

An infant up to the age of six months should demonstrate:

- Reflexive grasp when objects are placed in hand
- Ability to reach and grasp objects

6 - 12 Months to One Year

Between the age of six months to one year old, your little one should be able to:

- Grasp objects to put in their mouth
- Pick up small objects with the thumb or a finger
- Transfer an object from one hand to another

1-2 Years

Between one to two years of age your child should have developed the skills to:

- Turn knobs and turn pages of a book
- Paint using whole arm movements to make strokes
- Eat independently with minimal assistance

Parents can help in developing fine motor skills by providing aid like toys such as building blocks, a shape sorter, and a stick to put rings on, for this particular age bracket.

3-4 Years

Between the ages of three to four, your little one should be able to:

- Hold a pencil between their thumb and other fingers
- Trace thick lines, copy circles, and imitate crosses
- Build a tower with nine small blocks
- Open zip lock bags, containers, and lunch boxes using the non-dominant hand to assist and stabilize objects
- Brush their teeth and hair
- Dress independently in clothes with large buttons, as well as put on socks and shoes.
- Use scissors to cut pictures with borders
- Cut along lines and color inside them
- Complete eight to twelve piece interlocking puzzles
- Copy pictures using simple geometric shapes
- Design with Duplo models
- Copy letters and numbers

6-8 Years

By this age you can expect to see your child

- Writing neatly while holding a pencil with a three-fingered grasp
- Cutting shapes neatly
- Getting dressed on their own
- Tying their shoelaces
- Eating with a knife and fork