



## DEVELOPMENTAL MILESTONES: FINE MOTOR SKILLS

Age	Developmental Milestones	Possible implications if milestones not achieved
<b>0 - 6 months</b>	<ul style="list-style-type: none"> <li>❖ Reflexive grasp (at birth)</li> <li>❖ Global ineffective reach for objects (3 months)</li> <li>❖ Voluntary grasp (3 months)</li> <li>❖ 2 handed palmar grasp (3 months)</li> <li>❖ 1 handed palmar grasp (5 months)</li> <li>❖ Controlled reach (6 months)</li> </ul>	<ul style="list-style-type: none"> <li>❖ Poor muscle development</li> <li>❖ Delayed ability to play independently</li> <li>❖ Delayed sensory development due to delayed interaction with toys and other sensory objects</li> </ul>
<b>6 - 12 months</b>	<ul style="list-style-type: none"> <li>❖ Reaches, grasps, puts object in mouth</li> <li>❖ Controlled release of objects</li> <li>❖ Pincer grasp</li> <li>❖ Picks things up with pincer grasp (thumb and one finger)</li> <li>❖ Transfers object from one hand to the other</li> <li>❖ Drops and picks up toy</li> </ul>	<ul style="list-style-type: none"> <li>❖ Poor development of hand and finger strength</li> <li>❖ Poor manipulation of objects resulting in delayed play skills</li> <li>❖ Delayed sensory development due to lack of sensory play experiences</li> </ul>
<b>1 - 2 years</b>	<ul style="list-style-type: none"> <li>❖ Builds tower of three small blocks</li> <li>❖ Puts four rings on stick</li> <li>❖ Places five pegs in pegboard</li> <li>❖ Turns pages two or three at a time</li> <li>❖ Scribbles</li> <li>❖ Turns knobs</li> <li>❖ Paints with whole arm movement, shifts hands, makes strokes</li> <li>❖ Self-feeds with minimal assistance</li> <li>❖ Able to use signing to communicate</li> <li>❖ Brings spoon to mouth</li> <li>❖ Holds and drinks from cup independently</li> </ul>	<ul style="list-style-type: none"> <li>❖ Poor development of hand and finger strength</li> <li>❖ Delayed independent play skills</li> <li>❖ Delayed development of self care skills such as eating</li> <li>❖ Delayed manipulation skills</li> </ul>
<b>2 - 3 years</b>	<ul style="list-style-type: none"> <li>❖ Strings four large beads</li> <li>❖ Turns single pages</li> <li>❖ Snips with scissors</li> <li>❖ Holds crayon with thumb and fingers (not fist)</li> <li>❖ Uses one hand consistently in most activities</li> <li>❖ Imitates circular, vertical, horizontal strokes</li> <li>❖ Paints with some wrist action, makes dots, lines, circular strokes</li> <li>❖ Rolls, pounds, squeezes, and pulls play-dough</li> <li>❖ Eats without assistance</li> </ul>	<ul style="list-style-type: none"> <li>❖ Delayed self-care skills such as eating</li> <li>❖ Delayed pre-writing skills development</li> <li>❖ Delayed manipulation of small objects such as toys, pencils and scissors</li> <li>❖ Frustration when manipulating small toys and objects</li> </ul>





## DEVELOPMENTAL MILESTONES: FINE MOTOR SKILLS CONTINUED

Age	Developmental Milestones	Possible implications if milestones not achieved
<b>3 - 4 years</b>	<ul style="list-style-type: none"> <li>❖ Builds tower of nine small blocks</li> <li>❖ Manipulates clay material (rolls balls, makes snakes, cookies)</li> <li>❖ Uses non dominant hand to assist and stabilise the use of objects</li> <li>❖ Snips paper using scissors</li> </ul>	<ul style="list-style-type: none"> <li>❖ Delayed pre-writing skills development</li> <li>❖ Frustration and/or avoidance of pencil based tasks</li> <li>❖ Poor pencil grasp and pencil control</li> <li>❖ Poor self-care skills such as eating</li> <li>❖ Delayed drawing skills</li> </ul>
<b>4 - 5 years</b>	<ul style="list-style-type: none"> <li>❖ Cuts on line continuously</li> <li>❖ Copies cross</li> <li>❖ Copies square</li> <li>❖ Writes name</li> <li>❖ Writes numbers 1-5</li> <li>❖ Copies letters</li> <li>❖ Left or right handed determined</li> <li>❖ Dresses and undresses independently</li> </ul>	<ul style="list-style-type: none"> <li>❖ Difficulties holding and manipulating a pencil</li> <li>❖ Difficulties learning to write name and other letters of the alphabet</li> <li>❖ Dependence on caregivers for every day activities such as dressing</li> <li>❖ Frustration and/or avoidance of pencil based tasks</li> </ul>
<b>5 - 6 years</b>	<ul style="list-style-type: none"> <li>❖ Cuts out simple shapes</li> <li>❖ Copies triangle</li> <li>❖ Colours within lines</li> <li>❖ Uses a 3 fingered grasp of pencil and uses fingers to generate movement</li> <li>❖ Pastes and glues appropriately</li> <li>❖ Can draw basic pictures</li> </ul>	<ul style="list-style-type: none"> <li>❖ Difficulties learning to form letters correctly</li> <li>❖ Poor handwriting</li> <li>❖ Fatigue during pencil based tasks</li> <li>❖ Frustration and/or avoidance of pencil based tasks</li> </ul>
<b>6 - 7 years</b>	<ul style="list-style-type: none"> <li>❖ Forms most letters and numbers correctly</li> <li>❖ Writes consistently on the lines</li> <li>❖ Demonstrates controlled pencil movement</li> <li>❖ Good endurance for writing</li> <li>❖ Can build Lego / blocks independently</li> <li>❖ Ties shoelaces</li> </ul>	<ul style="list-style-type: none"> <li>❖ Difficulties getting ideas down on paper</li> <li>❖ Experiencing fatigue during handwriting tasks</li> <li>❖ Difficulty keeping up in class due to slow handwriting speed</li> <li>❖ Poor legibility of handwriting</li> <li>❖ May impact on self-esteem when comparing work to peers</li> <li>❖ Possible frustration and/or behaviour difficulties due to avoidance of pencil based tasks</li> </ul>
<b>7 - 8 years</b>	<ul style="list-style-type: none"> <li>❖ Maintains legibility of handwriting for entirety of a story</li> </ul>	<ul style="list-style-type: none"> <li>❖ Difficulty completing handwriting tasks in a timely manner</li> <li>❖ Experiencing fatigue during handwriting tasks</li> <li>❖ Poor academic achievement due to difficulty getting ideas down on paper</li> <li>❖ Difficulties due to avoidance of pencil based tasks</li> </ul>