



FINE MOTOR DEVELOPMENT NORMS

The following list of fine motor development skills is intended for the purpose of education only. The skills listed below need only to be performed by a trained professional because many of the listed criteria involves small objects that could cause choking in an infant or any child who may attempt to put objects in their mouth. Performing any of these tasks without the presence of a trained professional is at the risk of the individual caregiver and it is not recommended by this facility.

Please ✓ skills the child currently performs:

At Birth

- Grasping Reflex (involuntary response when an object is placed in child's hand the child will grasp the object)
- Grasping Cloth (grasping of washcloth when hand placed over washcloth)
- Releasing Rattle (when placed in hand in 8 seconds)
- Tracking Rattle (watching rattle from eye level to side of face)
- Placing Hand (when brushing back of hand child with open hand)

2 months

- Grasping Rattle
- Holding Rattle (for 30 seconds)
- Tracking Ball (watches ball that rolls from left to right and right to left)

3 months

- Shake Raffle (enough to make noise)
- Straighten Arms (to reach for toy)

4 months

- Grasping Rattle (when placed in eyes' view)
- Touching Fingers (of both hands together)
- Playing with object at middle of body
- Grasping String (using toy with string attached)
- Securing Paper (wrinkling it)

6 months

- Grasping Block (pick up block with ring and little finger side of the hand.)
- Shaking Rattle (for 60 seconds)
- Bringing hands together to play (with toy in one hand)
- Holding two cubes (hold one block with each hand)

7 months

- Shaking Rattle (using full arm motion)
- Grasping Block (grasp with thumb, pointer finger and middle finger to grasp)
- Picking up block (puffing into other hand)
- Banging Cup (on surface)

8 months

- Grasping pellets using all fingers (scooping up cheerios)
- Crumbling paper in hand (handing paper to child)
- Poking index finger into hole (of pegboard)
- Removing one peg from pegboard

9 months

- Clapping hands three times together (with demonstration)

10 months

- Grasping string of string toy (and pulls to play with toy)
- Removing three out of three pegs from pegboard
- Releasing Block (into adult's hand)

11 months

- Grasping small object with thumb and pointer finger (pinching it)
- Grasping blocks into cup
- Removing Socks

12 months

- Opening cover of thick-paged book (child's book)
- Stirring spoon in cup (with demonstration)
- Removing small objects from bottle (dumping out of top of bottle)

1 to 1½ years old

- Placing seven out of seven blocks into cup (one at a time)
- Banging Spoon (on surface)
- Inserting one shape into a three-shape puzzle (circle, square, and triangle)
- Scribbling (making marks on paper)
- Grasping Marker (wrapping palm around a thick writing utensil)
- Stacking tower of two blocks
- Inserting two out of three shapes in puzzle (circle, square, and triangle)
- Stacking tower of four blocks
- Turning **three** thick pages of a book
- Inserting three out of three shapes into puzzle (circle, **square**, and triangle)
- Stacking tower of **six** blocks
- Making up/down **lines** with demonstration on paper

2 to 2½ years old

- Removing top of twist top (with small objects inside **to** get to the objects)
- Stacking tower of eight blocks
- Snipping** with scissors (making one **complete open/close** scissor to cut edge of paper)
- Making left to right lines across paper
- Stringing two beads on lace
- Folding paper to making a crease
- Building train with blocks
- Spoon feeding without turning spoon over
- Stacking tower of ten blocks
- Puts on/takes off shoes and socks

2½ to 3 years old

- Building bridge with blocks
- Copying circle following demonstration
- Building wall with blocks

3 to 3½ years old

- Cutting paper into two pieces
- Stringing four beads onto lace
- Copying a cross (following demonstration)
- Cutting inch line across page
- Dropping small objects into small bottle
- Tracing straight line (following demonstration)
- Grasping writing utensils (using thumb and pointer finger)
- Unbuttoning buttons
- Putting together simple puzzles
- Dressing and undressing completely (may need help with fasteners, right and left shoes, and back and front)
- Self-feeding with little spillage
- Drinking from a cup with one hand
- Building a wall with blocks

3½ to 4 years old

- Matching through tactile cues (similar objects)
- Buttoning Buttons
- Copying a square (with demonstration)
- Cutting a circle
- Building steps with blocks
- Connecting Dots (with demonstration)
- Cutting a square
- Building pyramid with blocks
- Folding paper with a crease
- Coloring between the lines
- Building steps with blocks

4 to 4½ years old

- Gluing a paper project appropriately
- Holding fork in fingers
- Spooning soup without spillage

4½ to 5 years old

- Drawing a picture of a stick person
- Drawing diagonals and zigzags following a model
- Identifying objects through touch
- Tying shoes often
- Building a pyramid with blocks

5½ to 6 years old

- Folding paper in half (end to end) with little error
- Tracing around own hand
- Making fine visual discriminations
- Cutting out complex pictures following outlines
- Putting together interlocking puzzles

(This list of fine motor skills is a general guideline for age-appropriate childhood development condensed from the Peabody Fine Motor Scale.)

Child's Name: _____

Date of Birth: _____ **Age:** _____

Born at _____ weeks gestation