

## B8a - Fine motor development Chart: (Ages 0-5)

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### 0-3 Months

- hands most often remain closed
- has grasp reflex (grasps objects involuntarily if placed in palm)

### 2-4 Months

- reaches for (swipes at) objects inaccurately

### 3-3 1/2 Months

- clasps hands together often

### 3 1/2- 4 Months

- begins purposeful, visually directed reaching

### 3-7 Months

- can hold small objects in hand

### 4-8 Months

- can transfer objects from one hand to the other
- can pick up cube or medium sized object easily

### 4-10 Months

- develops accurate forward and side reach

### 5-9 Months

- "rakes" or "scoops" small objects to pick them up (i.e. using fingers/palm/whole hand to scoop up Cheerio's, raisins etc.)

### 7-9 Months

- Intentionally able to drop or release objects (get ready for the 'watch-me-drop-this-watch-mommy/daddy-pick-it-up-again' game)

### 7-12 Months

- Able to pick up small objects using thumb and finger/fingers

### 10 Months

- pokes and/or points with index finger

### 12-18 Months

- holds crayon with whole hand, thumb up

### 2 Years

- Holds crayon with thumb and all fingers, forearm turned so thumb is pointing down
- puts on shoes, socks, and shorts, takes off shoes and socks
- can use a spoon by themselves, keeping it upright
- can draw and copy a vertical line

### **2 1/2- 3 Years**

- strings large beads
- snips paper with scissors
- rolls clay or playdough into a 'snake'
- can draw and copy a horizontal line

### **3-3 1/2 Years**

- Able to complete simple puzzles
- can build a tower of nine small blocks or more
- can get himself dressed or undressed independently, only needs help with buttons, still confuses front and back for clothes, and right or left for shoes
- can feed himself with little or no spilling, drinks from a cup or glass with one hand

### **3 1/2- 4 Years**

- can pour his own drink from a pitcher if not too heavy
- can place small pegs into small holes
- Able to string small beads
- can hold a pencil with a tripod grasp (three fingers), but moves forearm and wrist to write, draw or colour

### **4-4 1/2 Years**

- can use scissors to follow and cut both straight and curved lines
- can manage buttons, zippers, and snaps completely
- can draw and copy a cross (one vertical and one horizontal intersecting lines)

### **4 1/2- 5 Years**

- can hold fork using his fingers
- can feed himself soup with little or no spilling
- Folds paper in half, making sure the edges meet
- puts a key in a lock and opens it

### **5 Years**

- can get dressed completely by himself, and usually tie shoelaces
- cuts square, triangle, circle, and simple pictures with scissors
- uses a knife to spread food items (jelly, peanut butter, mayo, etc), uses a dull knife to cut soft foods
- Able to draw and copy a diagonal line
- uses a tripod grasp on writing utensils (thumb and tips of first two fingers) and uses fingers only (because small muscles of hand have developed) to write, draw or colour

### **5 1/2- 6 Years**

- can build a five block 'bridge'
- sufficient bilateral hand coordination to cut out complex pictures and accurately follow the outline
- Able to copy a sequence of letters or numbers correctly

### **6 Years**

- able to complete complex puzzles

Therefore, by 6 years old, a child's fine motor skills will have developed sufficiently enough to complete writing, dressing, and feeding tasks properly and efficiently.

A child will now have adequate dexterity, bilateral coordination, and eye-hand coordination to complete writing and cutting tasks.

Children will continue to develop and refine these skills, but the foundation is developed and laid down within the first six years.

This is precisely why a child will need toys, games, and activities to practice and enhance these skills during his early childhood.

[www.sensory-processing-disorder.com/fine-motor-development-chart.html](http://www.sensory-processing-disorder.com/fine-motor-development-chart.html)