

B8b - Fine motor activity ideas for 0 to 12 months

The skills listed below gradually develop somewhere between birth and 12 months of age.

0 - 6 Months

- Watches mother talking to them
- Hand fistled
- Looks at hand
- Eyes blink to approaching object
- Looks at small objects and reaches for them
- Mouths objects
- Resists objects being taken from their hand
- Upset if object is lost or dropped, but does not look for it
- Pulls paper off face
- Crumples tissue paper
- Smiles at mirror image
- Holds hands together
- Reaches for objects with two hands and takes to mouth
- Reaches with one hand whilst lying on tummy
- Holds cube in middle of palm using four fingers but not thumb
- Manipulates cube on table
- Looks for objects removed or dropped

6 – 12 Months

- Uses thumb and four fingers to hold a cube
- Moves object from one hand to the other
- Holds and shakes objects
- Plays Peek-a-Boo
- Reaches across their midline
- Bangs two cubes together or on the table
- Imitates clapping
- Pulls at a toy on a string
- Reaches for toys out of reach
- Pokes at holes in toys; points with one finger

- Squeezes a squeaky toy
- Flings or pushes a toy without control or direction
- Recognises objects upside down (eg, bottle)
- Removes a circular shape from a form-board
- Copies rattling a spoon in a cup
- Uses a pincer grip between pads of thumb and index finger to pick a small object (eg, a currant)