

Fine Motor Milestones

0-4 years

Age	Working on
0 - 4 months	<ul style="list-style-type: none"> ● Grasping items when placed in their hand ● Reaches to swipe at dangling objects
8 months	<ul style="list-style-type: none"> ● Reaching for objects ● Grasping objects in one hand ● Putting objects in their mouth to explore ● Swiping at dangling objects with more accuracy ● Shaking toys in their hand
12 months	<ul style="list-style-type: none"> ● Successfully reaching and grasping a toy or object ● Transferring objects from hand to hand to explore and play ● Using a pinching grip (pointer finger and thumb) to pick up objects ● Poking at things with their fingers ● Throwing objects ● Holding onto a biscuit or a bottle independently ● Holding a spoon - but likely can't successfully aim for their mouth ● Using their hands to eat
18 months	<ul style="list-style-type: none"> ● Using a precise pinching grip to pick things up ● Stacking 3 blocks (or more) to build a tower ● Bringing a spoon or fork to their mouth with better accuracy ● Holding a pencil in a fist or pronated grasp - usually higher up on the shaft and with either hand, sometimes a pencil in both hands ● Doing some scribbling to and fro and dots ● Starting to use one hand more than the other
2 years	<ul style="list-style-type: none"> ● Feeding self independently using a fork / spoon ● Drinking from a cup ● Picking up and placing objects down with increasing skill and precision (e.g. peg boards)

	<ul style="list-style-type: none"> ● Pincer grasp and finger isolation improving (e.g. able to place fingers over the holes on a recorder and move independently of each other) ● Can build taller towers 6+ blocks ● Can turn the pages in a book ● Drawing circle scribbles as well as to-and-fro. They are also working towards imitating vertical lines and 'v' shapes
<p>2 & ½ years</p>	<ul style="list-style-type: none"> ● Accurate placement of puzzle pieces / shapes ● Builds a tower of 7+ blocks ● Able to connect duplo blocks to build (may not always be accurate) ● Threading large beads onto a shoelace ● Rolling, squeezing and pulling play-doh to make creations ● Use a spoon and fork independently (still may make a mess) ● Able to put on shoes independently ● Imitating/copying a horizontal and vertical line (e.g. T) ● Drawing a circle
<p>3 years</p>	<ul style="list-style-type: none"> ● Building a tower of 9 - 10 blocks ● Copying and creating other 'buildings' with blocks e.g. 'bridge' or a train ● Confidently builds and pulls apart duplo blocks ● Using hands together as a team to craft - using glue, stickers, sticky-tape/masking tape ● Threading beads onto a shoelace ● Using a spoon and fork independently, may start using a knife to spread easy condiments (soft butter, smooth peanut butter) ● Putting on socks and shoes independently ● Opening a lunchbox or other clip-close containers independently ● Holding a pencil in preferred hand with fingers around the tip (emerging mature grasp) ● Controlling the pencil to colour within the lines (may not be accurate) and can draw a circle, a cross and a person with a head + one to two more features (potato heads) ● Cutting with scissors to snip or cut straight lines (e.g. play-doh scissors) ● Preferred hand is established and used to start most tasks

<p>4 years</p>	<ul style="list-style-type: none"> ● Building steps/staircase using blocks when shown how ● Starting to build with lego (rather than duplo), able to use a variety of construction materials ● Spreading fingers and bring thumb in to touch each individually ● Using pinching fingers to hold the pencil near the tip in an emerging mature grasp working towards holding a pencil using a dynamic tripod grasp ● Drawing a person with a head, body and legs - and usually arms and fingers (not all the time). Can also draw a recognisable house on request or as asked ● Threading smaller beads (1 cm diameter) onto a string ● Open lunch box independently ● Open some packets independently - may still need support with some items
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References:

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