

Quick Fine Motor Skills Checklist By Age

Refer to Occupational Therapy if a child is not meeting more than 2 of the descriptors at their age group

0-6 months:

- Brings hands to the mouth
- Brings hands to the midline
- Can hold a thin rattle or small item
- Uses both hands equally (if your child is showing a strong hand preference make a referral to OT).

6-12 months:

- Reaches, grasps and transfers objects in their hands.
- Uses a pincer grasp
- Posts into containers

1-2 years:

- Points to objects with an isolated index finger to indicate things
- Holds crayon/pencil with their palm and scribbles on paper.
- Plays with cause/ effect toys e.g. buttons, flaps.
- Self care: Feeds themselves with a spoon and fork, drinks from an open cup and removes socks.

2-3 years:

- Develops hand preference.
- Holds crayon/pencil with fingers and copies lines and circles.
- Able to snip paper, playdough, straws, etc with scissors
- Able to thread beads onto string
- Self Care: Independently able to take most items of clothing off

3-4 years:

- Holds a pencil like an adult.
- Able to copy more shapes (e.g. square) and draw simple picture e.g. faces.
- Starts to learn their written name
- Able to cut shapes out with scissors
- Self Care: Toilet trained during the day. Dressing selves with minimal assistance.
- Begins to use imagination to engage in pretend play with objects, actions or ideas.

4-5 years:

- Able to write their name
- Draws a person with all body parts and facial expressions
- Self care: able to dress and undress independently including buttons and zippers; using cutlery to feed themselves including blunt knives. Able to dress and undress independently.
- Shares toys and takes turns playing

5-6 years:

- Able to copy lower and uppercase letters with correct formation.
- Able to manage belongings at school

6-7 years:

- Dynamic tripod grasp – fingers control movement
- Writes words and sentences on the lines and with good sizing/ alignment.
- Able to tie shoelaces independently