

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 middle of their body (i.e. midline) Can hold a thin rattle or small item Uses both hands equally
6-12 months	Reaches, grips and moves objects in their hands Uses their index and thumb to pick up small items (i.e. pincer grasp) Puts items into containers
1-2 years	Points to objects with an isolated index finger Holds crayon/pencil with their fist and scribbles on paper Play: Simple cause and effect toys (e.g. buttons, flaps) Self-care: Feeds themselves with a spoon and fork, drinks from an open cup and pulls off socks
2-3 years	Developing a hand preference Holds crayon/pencil with fingers and copies lines and circles when you draw them Able to cut with scissors (e.g., paper, playdough, straws) Able to thread beads onto string Self-care: Independently able to take off most items of clothing
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 or first letter Able to cut along straight or curved lines with scissors Play: Uses toys in different ways during play to create new ideas Self-care: Toilet trained during the day and dressing themselves with minimal assistance
4-5 years	Able to write their name Draws a person with all body parts and facial expressions Able to cut around a square or circle with scissors Self-care: Able to dress and undress independently including buttons and zippers, using cutlery to feed themselves including blunt knives, and able to dress and undress independently
5-6 years	Able to copy lower and uppercase letters with correctly Able to cut around complex shapes with scissors Able to manage belongings at school such as opening and closing lunchbox, food packaging and school bag independently
6-7 years	Using a tripod pencil grip (i.e. three fingers that control the movement of the pencil) Writes words and sentences on the lines and with good letter sizing and alignment Able to tie shoelaces independently