

Fine Motor Skills checklist

Does your child have difficulty with:

Age Skill Yes No

0-6 months

- Demonstrating a reflexive grasp when objects are placed in hand.
- Reaching for and grasping objects.
- Mastering controlled reach (6 months).
- Holding objects in the palm of 2 hands (by 3 months) or palm of one hand (by 5 months).
- Recovering an object dropped within their visual field, by feel, or hear it within reaching range.

6-12 months

- Reaching and grasping to put objects in mouth.
- Demonstrating controlled release of objects.
- Picking up small objects with thumb and one finger.
- Transferring objects from one hand to the other.
- Banging 2 cubes held in hands, both objects together in the body's mid-line.
- Poking and pointing with the index finger.
- Recovering an object dropped within their visual field, by feel, or hear it within reaching range.

1-2 years

- Building a tower of three small blocks.
- Putting rings on a stick.
- Turning pages of a book (two or three at a time).

- Turning knobs.
- Painting using whole arm movements to make strokes.
- Eating independently (minimal assistance ok).
- Signing to communicate wants and needs.
- Bringing a spoon to mouth.
- Holding and drinking from cup independently.
- Picking up small objects with thumb and one finger.
- Putting shapes into a shape sorter without assistance.

2-3 years

- Stringing 3-4 large beads.
- Building a tower of 3-5 small blocks.
- Copying a simple sequence of coloured blocks in a tower.
- Turning single pages in a book.
- Making snips with scissors.
- Holding a crayon with thumb and fingers.
- Using one hand consistently for most activities.
- Imitating circular, vertical and horizontal strokes.
- Eating without assistance.
- Picking up small objects with thumb and one finger.
- Completing insert puzzles.

3-4 years

- Building a tower of approximately nine small blocks.
- Copying block designs of up to 6 blocks.
- Opening zip lock bags, containers and lunch boxes.
- Tracing on thick lines.
- Using one hand consistently for most activities.
- Copying a circle or imitating a cross.
- Holding a pencil with thumb and fingers on opposite sides of the pencil.
- Using the non-dominant hand to assist and stabilise objects.

- Threading a sequence of small beads onto string.
- Cutting roughly around pictures.
- Completing 4-6 pc interlocking puzzles.
- Co-ordinating hands to brush teeth or hair.
- Dressing independently including large buttons, socks and shoes (excluding shoelaces, small buttons and initiating zip on a jacket).

4-5 years

- Cutting along a line continuously.
- Coordinating hands to brush teeth or hair.
- Copying 9 block models.
- Designing own Duplo models.
- Copying a circle, cross and a square.
- Holding the pencil with a tripod grasp (3pt grasp).
- Colouring inside the lines.
- Colouring an entire picture.
- Writing their name.
- Tracing on a line with control.
- Copying numbers 1-5.
- Copying letters.
- Using a preferred hand for most activities.
- Dressing and undressing independently (excluding shoe laces).
- Copying simple pictures using geometric shapes.
- Independently attempting to draw a range of pictures.
- Opening zip lock bags, containers and lunch boxes.
- Completing 8-12 pc interlocking puzzle.

5-6 years

- Cutting out simple shapes.
- Coordinating hands to brush teeth or hair.

- Designing own Lego models.
- Dressing and undressing independently (excluding shoe laces).
- Writing numbers 1-10 independently.
- Self generating letters independently.
- Copying a triangle.
- Coloring with in the lines.
- Holding a pencil with a 3 fingered grasp and generating movement from fingers (not wrist).
- Cut and paste projects.
- Drawing basic pictures.
- Opening zip lock bags, containers and lunch boxes.
- Using knife and fork for soft foods.
- Completing a 20pc puzzle.

6-7 years

- Forming letters and numbers correctly.
- Opening zip lock bags, containers and lunch boxes.
- Dressing and toileting independently.
- Cutting neatly around shapes.
- Completing a 20pc puzzle.
- Holding a pencil with a 3 fingered grasp and generate movement from fingers (not wrist).
- Writing on the lines.
- Pencil control.
- Endurance for writing tasks.
- Building Lego, K'nex and other blocks.
- Using knife and fork for soft foods.
- Drawing detailed pictures with recognisable objects.
- Tying shoelaces.

7-8 years

- Writing neatly.
- Holding a pencil with a 3 fingered grasp and generate movement from fingers (not wrist).
- Maintain legibility of handwriting for entirety of a story.
- Cutting neatly around shapes.
- Dressing and toileting independently.
- Building Lego, K'nex and other blocks.
- Using knife and fork for most foods.
- Forming letters and numbers correctly.
- Completing more complex puzzles.
- Drawing detailed pictures with recognizable objects.
- Tying shoelaces.