

Fine Motor Skills

Milestones

Fine motor skills are precise body movements that use the smaller muscles of the hands as well as hand-eye coordination.

As your child grows, watch for these milestones. But also remember that every child develops differently.

Birth to 3 Months

- Puts hands in mouth
- Hands get more relaxed

3 to 6 Months

- Holds hands together
- Moves objects from one hand to the other
- Uses two hands to hold and shake toys

12 Months to 2 Years

- Eats with a spoon
- Turns single pages in a book
- Scribbles with crayons

9 to 12 Months

- Feeds themselves finger foods
- Uses thumb and index finger to grab small objects
- Uses one hand to hold and shake toys

6 to 9 Months

- "Rakes" with hand to grasp objects
- Touches things with index finger
- Claps

2 to 3 Years

- Zips and unzips clothing
- Turns a doorknob
- Strings large beads on yarn

3 to 4 Years

- Manages large buttons on clothing
- Uses safety scissors to cut paper shapes
- Opens ziplock bags and containers

4 to 5 Years

- Colors inside the lines
- Copies letters
- Dresses and undresses independently



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