

**Developmental Milestones: Gross and Fine Motor**

All children develop gross and fine motor skills at different times. However, we become concerned when children are falling significantly below their age level. Here are a few guidelines you can use to see if your child is developing motor skills as expected.

Fine Motor Skills	Gross Motor Skills
<b>2 – 6 months</b> <ul style="list-style-type: none"> <li>Grasps a rattle, holds bottle with both hands</li> <li>Pulls at cloths</li> <li>Reaches, pulls objects to mouth</li> </ul>	<b>2 – 6 months</b> <ul style="list-style-type: none"> <li>Holds head up</li> <li>Rolls from front to back</li> <li>Sits with little support</li> </ul>
<b>6 –9 months</b> <ul style="list-style-type: none"> <li>Bangs object on table</li> <li>Transfers cube hand to hand</li> <li>Feeds self finger food</li> </ul>	<b>6– 9 months</b> <ul style="list-style-type: none"> <li>Makes stepping movements when supported</li> <li>Pulls to stand on furniture</li> <li>Crawls forward/backwards</li> </ul>
<b>9-15 months</b> <ul style="list-style-type: none"> <li>Marks paper with crayon</li> <li>Puts three or more objects into a container</li> <li>Builds tower using two cubes</li> <li>Drinks from a cup</li> <li>Feeds self with a spoon</li> </ul>	<b>9-15 months</b> <ul style="list-style-type: none"> <li>Stands alone well</li> <li>Walks without support</li> <li>Stoops to pick up toys or look between legs when standing</li> </ul>
<b>15 -18 months</b> <ul style="list-style-type: none"> <li>Finger-thumb pincer grasp</li> <li>Scribbling, draws line</li> <li>Builds tower of four cubes, puts four rings on stick</li> <li>Removes socks</li> <li>Turns knobs</li> </ul>	<b>15 -18 months</b> <ul style="list-style-type: none"> <li>Climbs steps with support</li> <li>Rolls a ball in imitation of adult</li> <li>Throws a ball forward</li> <li>Stands on one foot with help</li> <li>Carries large toy while walking</li> </ul>
<b>2-3 years</b> <ul style="list-style-type: none"> <li>Undresses self and assists with dressing</li> <li>Copies a circle and a cross</li> <li>Strings four large beads</li> <li>Turns single page</li> <li>Snips with scissors on a line</li> <li>Buttons/unbuttons large buttons</li> </ul>	<b>2-3 years</b> <ul style="list-style-type: none"> <li>Runs around obstacles, kicks ball</li> <li>Walks up/down steps using alternate feet</li> <li>Walks backwards</li> <li>Seats self in child size chair</li> <li>Rides tricycle</li> <li>Balances on one foot for 5 seconds</li> <li>Moves to music</li> </ul>
<b>4-5 years</b> <ul style="list-style-type: none"> <li>Copies a square</li> <li>Prints own name – tripod pencil grasp</li> <li>Ties shoelaces</li> <li>Cuts on line continuously</li> <li>Prints some capital letters</li> </ul>	<b>4-5 years</b> <ul style="list-style-type: none"> <li>Hops on 1 foot</li> <li>Skips and gallops</li> <li>Catches a small ball</li> <li>Walks backwards, toe-heel</li> <li>Jumps forward 10 times without falling</li> <li>Turns somersault</li> </ul>
<b>6 years</b> <ul style="list-style-type: none"> <li>Copies a triangle</li> <li>Cuts our simple shapes</li> <li>Copies first name</li> <li>Prints numerals 1 to 5</li> <li>Color within lines</li> <li>Pastes and glues appropriately</li> </ul>	<b>6 years</b> <ul style="list-style-type: none"> <li>Runs lightly on toes</li> <li>Walks on balance beam</li> <li>Rides bicycle</li> <li>Rhythmic skipping</li> <li>Jumps rope</li> <li>Skates</li> </ul>

For further questions, call **Communication Works** at 510-639-2929  
 To schedule an appointment, complete an application at [www.cwtherapy.com](http://www.cwtherapy.com)