

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