

## Developmental Milestones: Fine Motor Skills and Visual Motor Skills

	Fine-motor and visual-motor skills	Additional skills developing within a greater range
<b>1 month</b>	<ul style="list-style-type: none"> <li>Eyes can follow (track) an object towards the middle (midline) or starting at midline to either side.</li> <li>Tightly grasp objects placed child's hands.</li> </ul>	<ul style="list-style-type: none"> <li>1-3 months: Infant attempts to swipe or hit objects.</li> </ul>
<b>2 months</b>	<ul style="list-style-type: none"> <li>Eyes can follow (track) an object to right and left sides, past the midline.</li> <li>Can briefly hold small toys placed in child's hands.</li> <li>May begin to notice their own hands.</li> </ul>	<ul style="list-style-type: none"> <li>2-6 months: Infant inspects own hands and reaches for but may not actually touch objects.</li> </ul>
<b>3 months</b>	<ul style="list-style-type: none"> <li>Eyes can follow objects in a circular motion.</li> <li>Hands are more relaxed.</li> <li>Infant is able to look at an object and will attempt to reach for that object. (Referred to as "visually directed reaching.")</li> </ul>	<ul style="list-style-type: none"> <li>3-7 months: Child is able to hold a small object in each hand.</li> </ul>
<b>4-5 months</b>	<ul style="list-style-type: none"> <li>Touches fingers together</li> <li>Begins reaching with both hands at the same time.</li> <li>Able to reach and grasp a small toy using both hands.</li> <li>Touches or bangs an object on a table or hard surface.</li> </ul>	
<b>6 months</b>	<ul style="list-style-type: none"> <li>Reaches for an object with right or left hand.</li> <li>Shakes a rattle.</li> <li>Uses a raking grasp (all fingers at the same time) to pick up small objects.</li> </ul>	
<b>7 months</b>	<ul style="list-style-type: none"> <li>Transfers a small object from one hand to the other</li> </ul>	<ul style="list-style-type: none"> <li>7-8 months: Child uses an inferior pincer grasp (pads of thumb and index finger) to pick up small objects like Cheerios.</li> </ul>
<b>8 months</b>	<ul style="list-style-type: none"> <li>Able to pull an item that is placed vertically in Play-doh.</li> <li>Able to hold an object with the pad of the thumb facing the pad of the index finger.</li> <li>Can poke objects with index finger.</li> </ul>	
<b>9 months</b>	<ul style="list-style-type: none"> <li>Uses thumb and index finger (pincer grasp) to pick up small objects like Cheerios.</li> <li>Bangs two objects together (i.e. two blocks)</li> <li>Claps hands.</li> </ul>	
<b>10 months</b>	<ul style="list-style-type: none"> <li>Pull out three items that are placed vertically in Play-doh.</li> <li>Releases an object into an adult's hand upon request.</li> </ul>	
<b>11 months</b>	<ul style="list-style-type: none"> <li>Places small objects into a medium or large container.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Can place multiple medium-sized objects (i.e. blocks) into a container.</li> </ul>	
<b>12-14 months</b>	<ul style="list-style-type: none"> <li>• Able to let go of an object (i.e. throw a ball) and picking it up again.</li> <li>• Can turn the cover or single thick pages of a book.</li> <li>• Removes or dumps out objects from a container.</li> <li>• Is able to point finger at objects.</li> <li>• Can place a simple shape (i.e. circle or square) into a puzzle board.</li> <li>• Can place small objects into a small container.</li> <li>• Begins to make small marks on a paper.</li> </ul>	
<b>15-17 months</b>	<ul style="list-style-type: none"> <li>• Can build a two-block tower.</li> <li>• Scribbles spontaneously (without demonstration).</li> </ul>	
<b>18-23 months</b>	<ul style="list-style-type: none"> <li>• Can build a four- to six-block tower.</li> <li>• Can turn a few thick pages at a time in a book.</li> <li>• Can push, pull or dump things out.</li> </ul>	
<b>24-29 months</b>	<ul style="list-style-type: none"> <li>• Imitates drawing a vertical line.</li> <li>• Is able to remove a screw/twist on lid to a container.</li> <li>• Child can turn one page at a time when looking at a book.</li> <li>• Can build an eight-block tower.</li> <li>• Imitates horizontal strokes on paper.</li> <li>• Can string four large beads onto a piece of yarn.</li> </ul>	
<b>30-36 months</b>	<ul style="list-style-type: none"> <li>• Can build a 10-block tower.</li> <li>• Copies a circle on paper.</li> <li>• Snips paper with child-safe scissors.</li> </ul>	
<b>36 months</b>	<ul style="list-style-type: none"> <li>• Can cut a paper in half with child-safe scissors.</li> </ul>	

Some of these skills may require instruction and practice with an adult caregiver. Consult the child’s pediatrician if the child is not meeting these milestones.

*Adapted from the Peabody Developmental Motor Scales- 2<sup>nd</sup> edition and Occupational Therapy for Children- 3<sup>rd</sup> edition.*