



Fine Motor Milestones

0-3 Months

- Arm movement is mostly random (non-goal directed) and asymmetrical
- Hands are fisted
- Grasping reflex when placing a finger or object in hand
- Brings hands to mouth
- Watches the movements of his/her hands

3-6 Months

- Movements are mainly purposeful and more symmetrical
- Reaches for toys with both hands
- Hands are primarily open with thumbs out
- Holds toys with palm and fingers but not thumb
- Brings hands to midline
- No longer stares at his/her hands
- Looks at objects a few feet away

6-9 Months

- Transfers objects hand to hand
- Straightens elbows when reaching
- Rakes pellet-sized items with fingers
- Holds items with fingers and thumb
- Claps hands

9-12 Months

- Points with index finger
- Uses a neat, tip to tip pincer grasp on small pellet-sized items
- Places items into an open container or into adult's hand

12-18 Months

- Stacks two to three small blocks
- Holds crayon in closed fist (power grasp)
- Scribbles with a crayon using whole arm movements
- Turns pages in a cardboard book (more than one at a time)
- Holds object with one hand and manipulates it with the other
- Places small items in a closed-neck bottle
- Places one to two shapes in a three-shape geometric puzzle
- Places large pegs in a pegboard

18-24 Months

- Stacks three to five blocks
- Snips paper with scissors
- Strings two to three beads
- Imitates vertical and circular scribbles
- Turns pages of a book one at a time
- Places three shapes in a three shape geometric puzzle

2-3 Years

- Imitates simple horizontal and vertical block designs
- Imitates a circle and vertical and horizontal lines
- Unscrews screw-top lid
- Begins manipulating small items within the hand
- Cuts paper into two pieces
- Holds crayon with fingers, not fist (pronated grasp)
- May use one hand consistently in most activities

3-4 Years

- Stacks five to seven small blocks
- Imitates circle and cross
- Manipulates clay and dough (pinches, rolls balls, snakes)

4-5 Years

- Copies a square and cross
- Cuts on a straight line
- Begins to use thumb and index finger to hold pencil/crayon (tripod grasp)
- Touches each finger to thumb
- Buttons and unbuttons one button
- Stacks 10 plus small blocks

5-6 years

- Colors inside the lines
- Cuts out simple shapes
- Copies triangle
- Writes first name
- Handedness well established
- Mature, adult grasp of pencil well established (dynamic tripod)

Adapted from *Super Duper Publications*

Red Flags of Sensory Processing Disorder

Infants and toddlers

- ___ Problems eating or sleeping
- ___ Refuses to go to anyone but me
- ___ Irritable when being dressed; uncomfortable in clothes
- ___ Rarely plays with toys
- ___ Resists cuddling, arches away when held
- ___ Cannot calm self
- ___ Floppy or stiff body, motor delays

Pre-schoolers

- ___ Over-sensitive to touch, noises, smells, other people
- ___ Difficulty making friends
- ___ Difficulty dressing, eating, sleeping, and/or toilet training
- ___ Clumsy; poor motor skills; weak
- ___ In constant motion; in everyone else's face and space
- ___ Frequent or long temper tantrums

Grade Schoolers

- ___ Over-sensitive to touch, noise, smells, other people
- ___ Easily distracted, fidgety, craves movement; aggressive
- ___ Easily overwhelmed
- ___ Difficulty with handwriting or motor activities
- ___ Difficulty making friends
- ___ Unaware of pain and/or other people

Adapted From *Sensory Processing Disorder Foundation*