

Fine motor skill milestones for children

Age range	Activities
0 to 6 months.	<ul style="list-style-type: none"> Grasping something with both hands (3 months). Grasping something with one full hand (5 months).
6 to 12 months.	<ul style="list-style-type: none"> Pinching things with their thumb and one other finger. Transferring objects from one hand to the other. Picking up and dropping toys and putting them in their mouth.
1 to 2 years.	<ul style="list-style-type: none"> Stacking three small blocks. Turning knobs. Beginning self-feeding with utensils. Turning a few pages of a book at a time.
2 to 3 years.	<ul style="list-style-type: none"> Turning single pages of a book. Holding a crayon with their thumb and first two fingers (not a fist). Making small cuts with scissors. Rolling, squeezing and pulling putty.
3 to 4 years.	<ul style="list-style-type: none"> Building a tower of nine small blocks. Drawing copies of circles. Using their non-dominant hand to assist and stabilize objects while using them.
4 to 5 years.	<ul style="list-style-type: none"> Cutting continuously with scissors on a line. Printing their name and the numbers 1 through 5. Dressing and undressing without help.
5 to 6 years.	<ul style="list-style-type: none"> Cutting out simple shapes with scissors. Coloring within the lines. Using a three-fingered grasp of a pencil.
6 to 7 years.	<ul style="list-style-type: none"> Tying shoelaces by themselves. Writing consistently on lines. Writing most numbers and letters correctly.

Fine motor skill activities for children

Age range	Activities
0 to 6 months.	<ul style="list-style-type: none"> Tummy time to increase strength. Offer a variety of touch textures and experiences.
3 to 6 months.	<ul style="list-style-type: none"> Offer them toys when they're on your lap. Introduce messy play opportunities.
6 to 9 months.	<ul style="list-style-type: none"> Playing with basic shape sorters. Have them drop in and take out objects from large containers.
9 to 12 months.	<ul style="list-style-type: none"> Allow them to help turn pages of books. Finger painting with safe paints. Stacking cups. Practicing with eating utensils
1 to 2 years.	<ul style="list-style-type: none"> Pouring water into different sized containers. Pulling silk scarves out of a tissue box. Have them use their pointer finger and thumb to pick up (by pinching) small items.
3 to 4 years.	<ul style="list-style-type: none"> Coloring and scribbling with different tools, like crayons and chalk. Building with blocks. Snipping with scissors
4 to 5 years.	<ul style="list-style-type: none"> Painting with Q-tips to practice pencil grasp. Playing with pipe cleaners to make designs. Sorting items by shape or color using tongs or tweezers.