

**FINE MOTOR CHECKLIST**

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| 5 - 9 mths | Rakes or scoops small objects to pick them up |
| 7- 9 mths | Intentionally able to drop / release objects |
| 7 – 12 mths | Able to pick up small objects using thumb and finger |
| 10 mths | Pokes or points with index finger |
| 12 – 18 mths | Holds crayon with whole hand, thumb up |
| 1. years | * Holds crayon with thumb and all fingers, forearm turned so thumb is pointing down * Puts on shoes, socks, and shorts * Takes off shoes and socks * Can use a spoon by their selves * Can draw and copy and vertical line |
| 2 ½ - 3 yrs | * Strings large beads * Snips paper with scissors * Rolls clay, playdough into snake * Can draw and copy vertical line |
| 1. – 3 ½ yrs | * Able to complete simple puzzles * Can build a tower of nine small blocks or more * Can get themselves dressed – help with buttons * Confuses back and front, left and right shoes * Can feed themselves with little spilling |
| 3 ½ - 4 yrs | * Can pour his own drink from a jug if not too heavy * Can place small pegs into small holes * Able to string small beads * Can hold a pencil with tripod grasp, but moves forearm to write. |
| 4 – 4 ½ yrs | * Can use scissors to cut straight lines * Can manage buttons, zippers and snaps completely * Can draw and copy a cross |
| 4 ½ - 5 yrs | * Can use scissors to cut curved lines * Can hold fork using his fingers * Can feed themselves soup with little spilling. * Folds paper in half, making sure edges meet * Puts key in lock and opens it |
| 5 yrs | * Can get dressed and undressed * Cuts simple shapes with scissors * Uses knife to spread food items * Able to draw and copy a diagonal line * Uses a tripod grasp on writing utensils |

This information has been prepared by **Newbridge Outreach Service**

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