

Fine Motor Skills Checklist

Child's full name:

Child's current age:

Observer's relationship with the child:

Therapist's full name:

Instructions: Based on each developmental milestone below, please check which fine motor skills the child developed over the years. Please detail your observations in the Notes section for each milestone.

0 TO 6 MONTHS:

- At birth, they have a reflexive grasp
- At three months, they should be attempting to grasp objects (visually-directed reaching/global ineffective reach for objects)
- At three months, they're able to voluntary grasp for things
- At three months, they should be able to perform a two-handed palmar grasp
- At five months, they should be able to perform a one-handed palmar grasp
- At six months, they should have a controlled reach

1 TO 2 YEARS:

- They must be able to build a tower using three small blocks
- They must be able to put four rings on a stick
- They must be able to place five pegs in a pegboard
- When they turn the pages of a book, they should at least be able to turn two to three pages at a time

- They must be able to scribble
- They must be able to turn knobs
- When they paint, they should be able to shift their hands and make strokes
- They must be able to self-feed with minimal assistance (like bringing a spoon to their mouth on their own)
- They must be able to hold and drink from a cup independently
- They must be able to use signing to communicate with others

2 TO 3 YEARS:

- They must be able to string four large beads together
- When they turn the pages of a book, they should be able to turn single pages at a time
- They must be able to snip with scissors (someone should watch over them for safety reasons)
- They are able to grasp crayons with their thumbs and fingers and without grasping them with fists
- They must be able to use one hand consistently for most activities they engage in
- They must be able to imitate circular, vertical, and horizontal strokes
- They must be able to paint dots, lines, and circular shapes
- They must be able to paint with wrist action
- When playing with playdough, they must be able to roll, pound, squeeze, and pull dough
- They must be able to eat without assistance

3 TO 4 YEARS:

- They must be able to construct a tower using nine small blocks
- They should be able to copy circles and imitate crosses
- They must be able to manipulate playdough to make balls, snakes, cookies, and other things
- They must be able to use their non-dominant hand to assist and stabilize objects
- They must be able to snip paper with scissors (someone should watch over them for safety reasons)

4 TO 5 YEARS:

- They must be able to cut lines continuously
- They must be able to copy crosses and squares
- They must be able to copy letters
- They must be able to write their name and write numbers 1 to 5
- Their handedness must be well-established
- They must be able to dress and undress themselves without assistance

5 TO 6 YEARS:

- They must be able to cut out simple shapes with scissors
- They must be able to copy triangles
- They must be able to color drawings within lines
- They must be able to grasp pencils with three fingers and use these fingers for movement
- They must be able to draw basic pictures
- They must be able to paste and glue appropriately

6 TO 7 YEARS:

- They must be able to write on a straight line consistently
- They must be able to write most letters and numbers correctly
- They must have good writing endurance and demonstrate controlled pencil movement
- They must be able to build things using building block toys independently
- They must be able to tie their shoelaces independently

7 TO 8 YEARS:

- They must be able to maintain the legibility of their handwriting whenever they write, especially if they're writing paragraphs or a short story.