



GROSS/FINE MOTOR MILESTONES

0-6 Months

- Holds objects
- Takes toy to mouth
- Holds toy/rattle for an extended period of time
- Sits supported for short periods of time
- Able to put weight on forearms while on belly
- Reaches for objects

6-9 Months

- Self-supporting while sitting
- Takes feet to mouth
- Takes hands to feet
- Able to rotate upper body without moving lower body
- Protective response when falling forward
- Picks up small objects
- Transfers objects from hand to hand
- Drops a toy when given another
- Goes from lying down to sitting

10-12 Months

- Crawls well
- Sits in variety of positions
- Stands while holding on
- Cruises around furniture turning slightly toward new direction
- Points with index finger
- Walks while holding someone's hand
- Holds small objects with thumb and finger

13-18 Months

- Stacks 2-3 blocks
- Throws and picks up objects
- Likes to climb
- Crawls up stairs on hands and knees
- Walks independently

- Imitates scribbling
- Holds crayon with a fist

19-24 Months

- Pushes a stroller
- Runs
- Squats
- Jumps with both feet
- Complete a 3 shape puzzle
- Strings two or three large beads
- Stacks 4-6 blocks

2-3 Years

- Jumps over objects
- Pulls pants on and off
- Rides Tricycle
- Swings and climbs
- Can build blocks horizontally and vertically
- Copies a circle and a cross
- Snips and cuts paper
- Can string small beads

4-5 Years

- Skips/Gallops
- Copies a square
- Cuts out a circle and square
- Grasps pencil between thumb and pad of index finger
- Laces a string
- Colors between straight lines

6-7 Years

- Maintains balance and rhythm using opposite arm/leg movements
- Skips 10 feet
- Hops on one foot 20 feet without losing balance
- Bounces and catches small ball
- Can tie shoelaces independently