### Developmental Milestones: Gross and Fine Motor

All children develop gross and fine motor skills at different times. However, we become concerned when children are falling significantly below their age level. Here are a few guidelines you can use to see if your child is developing motor skills as expected.

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Fine Motor Skills</th>
<th>Gross Motor Skills</th>
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</table>
| 2 – 6 months | • Grasps a rattle, holds bottle with both hands  
• Pulls at clothes  
• Reaches, pulls objects to mouth | 2 – 6 months | • Holds head up  
• Rolls from front to back  
• Sits with little support |
| 6 – 9 months | • Bangs object on table  
• Transfers cube hand to hand  
• Feeds self finger food | 6– 9 months | • Makes stepping movements when supported  
• Pulls to stand on furniture  
• Crawls forward/backwards |
| 9-15 months | • Marks paper with crayon  
• Puts three or more objects into a container  
• Builds tower using two cubes  
• Drinks from a cup  
• Feeds self with a spoon | 9-15 months | • Stands alone well  
• Walks without support  
• Stoops to pick up toys or look between legs when standing |
| 15 - 18 months | • Finger-thumb pincer grasp  
• Scribbling, draws line  
• Builds tower of four cubes, puts four rings on stick  
• Removes socks  
• Turns knobs | 15 - 18 months | • Climbs steps with support  
• Rolls a ball in imitation of adult  
• Throws a ball forward  
• Stands on one foot with help  
• Carries large toy while walking |
| 2-3 years | • Undresses self and assists with dressing  
• Copies a circle and a cross  
• Strings four large beads  
• Turns single page  
• Snips with scissors on a line  
• Buttons/unbuttons large buttons | 2-3 years | • Runs around obstacles, kicks ball  
• Walks up/down steps using alternate feet  
• Walks backwards  
• Seats self in child-size chair  
• Rides tricycle  
• Balances on one foot for 5 seconds  
• Moves to music |
| 4-5 years | • Copies a square  
• Prints own name – tripod pencil grasp  
• Ties shoelaces  
• Cuts on line continuously  
• Prints some capital letters | 4-5 years | • Hops on 1 foot  
• Skips and gallops  
• Catches a small ball  
• Walks backwards, toe-heel  
• Jumps backwards 10 times without falling  
• Turns somersault |
| 6 years | • Copies a triangle  
• Cuts out simple shapes  
• Copies first name  
• Prints numerals 1 to 5  
• Color within lines  
• Pastes and glues appropriately | 6 years | • Runs lightly on toes  
• Walks on balance beam  
• Rides bicycle  
• Rhythmic skipping  
• Jumps rope  
• Skates |

For further questions, call Communication Works at 510-639-2929  
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