

Gross and Fine Motor Developmental Milestones

By approximately 1-6 months: Can lift head to change position. Legs and arm bent. Can lift head - supports on forearms. On back kicks legs alternatively. Waves arms and hands.



By approximately 6-9 months: Lifts head and chest, supports on outstretched arms. Can roll over. Kicks strongly and lifts arms to be picked up. Pulls into sitting position. Sits without support.



By approximately 9-18 months: Moves backwards and forwards, trying to crawl. Sits unsupported and keeps balance. Pulls up to standing. Side steps around furniture. Walks with hand held and then alone. Pushes and pulls wheeled toys. Walks up and down stairs (hand held).



By approximately 18 months - 2 years: walks well without needing to hold arms out for balance, can bend to pick things up without falling over. Walks upstairs holding on, but crawls down. Pushes and pulls large wheeled toys with a growing sense of direction. Throws a ball overhead and kicks it. Begins to climb on furniture. Begins to run safely. Feeds self with spoon. Begins to put on shoes and socks.

By approximately 1-6 months: Focuses eyes. Watches main carer. Stares at bright objects. Early reflexes present. Follows movement. Absorbs visual stimuli.



By approximately 6-9 months: Watches small toys with insight but loses interest when they disappear. Grasps object with one hand and looks at it, then transfers to other hand. Uses index finger to point.



By approximately 9-18 months: Looks for toys when they go out of sight. Uses pincer grasp. Points at objects. Tripod grasp using thumb and first 2 fingers is employed. Claps hands. Plays with and then builds bricks. Tripod grasp refined - scribbles



By approximately 18 months - 2 years: Picks up small objects with pincer grasp. Will hold a pencil and scribble and may be using preferred hand most of the time. Makes connections between their movement and the marks they make. Turns pages of a book, builds a small tower of bricks. Begin to hold pencil using thumb and first two fingers. Scribbles begin to show circles and dots and may imitate a vertical line with practice.



By approximately 2 - 3 years: Locomotor skills improving rapidly with practice. Walks upstairs, beginning to alternate feet and downstairs - two feet to a stair. Runs well and stops efficiently, avoiding obstacles. Can jump with two feet together from a low step. Throws and kicks a ball with increasing sense of where it will go. Eats skillfully with hands and utensils. With practice begins to ride a tricycle or bicycle. Climbs confidently on play climbing equipment.



By approximately 3-4 years: jumps with feet together, stand and walk on tiptoe and stand on one leg. Uses climbing frames well. Steers around obstacles and corners while running and pushing toys. Walks upstairs with alternating feet but still two feet to the stair coming down. With practice can ride a tricycle or balance bike and may begin to use pedals and kick a ball forcefully. Can use a spoon and fork, if this is the family practice. Begins to be more agile, e.g. can turn sharp corners when running, hop tiptoe, climb trees and ladders. Begins to show increasing skill in ball games - throws, catches, bounces and kicks with an idea of where the ball is going



By approximately 4-5 years: very agile e.g. can turn sharp corners when running, hop, tiptoe, swing, slide, climb trees and ladders. Able to skip, hop and move rhythmically to music. Is developing precise movements, e.g. runs lightly on toes and is able to walk along a narrow line. Is skilled in ball games - throws, catches, bounces and kicks with considerable ability to focus eyes on the objective. Climbs stairs and descends confidently one foot to a stair. Expert tricycle user, using pedals and avoiding obstacles. Can dress and undress but may need help with laces and ties.



By approximately 2-3 years: Shows control in holding and using jugs to pour, hammers, books and mark-making tools. Beginning to use three fingers (tripod grip) to hold writing tools. Imitates drawing simple shapes such as circles and lines. Walks upstairs or downstairs holding onto a rail two feet to a step. May be beginning to show preference for dominant hand



By approximately 3-4 years: good control of pencil, which is held in tripod grip. Threads small beads onto string and uses scissors with practice. Picks up and replaces increasingly small items. Engages in some activities requiring hand eye coordination. Manipulates objects with increasing control. Uses one handed tools and equipment. Can get dressed and undressed e.g. pulls up a zip and begins to do up buttons. Uses cutlery with increasing independence. Builds a taller tower of blocks. Draws a person with three different body parts.



4-5 years: Handles tools, objects, construction and malleable materials safely and with increasing control e.g. tweezers, tongs and small scoops. Picks up and replaces minute objects. Confidently pulls up zips and can do up buttons. Demonstrates good control of a range of mark making tools. Uses cutlery with increasing independence and confidence.. Uses scissors with increasing independence and confidence e.g. cuts out a simple picture. Adds facial features and body parts in drawings. Writes letters with increasing independence and confidence.

