

FINE MOTOR SKILLS



Fine Motor Skills are the development of a child's hand and finger movement and coordination.

Fine Motor Skills are essential for school success. It is also very important as so many daily tasks require the control of the hands and fingers.

3 Months

- Reaches for and grabs objects like a rattle
- Puts hands in mouth



6 Months

- Reaches for things he/she wants
- Touches things to explore

9 Months

- Likes to copy sounds and facial expressions
- Likes it when he/she is copied



12 Months

- Holds and grabs things between thumb and index finger
- Uses a spoon

18 Months

- Scribbles with crayons
- Puts things in containers
- Takes off shoes & socks



2 to 3 Years

- Turns a key or screw
- Throws and catches
- Eats and drinks alone

3 to 4 Years

- Eats without making a big mess
- Gets dressed on own
- Colors without scribbling



4 to 5 Years

- Draws a person copying shapes and lines
- Prints some letters
- Colors inside the lines

What parents can do to help:

- Infants can play with rattles and one toy at a time to begin to learn grasping skills
- Coloring, writing, drawing, finger painting, eating finger foods and play dough
- Squeezing objects, turning knobs and pushing buttons
- Puzzles and lacing activities like beading necklaces, tying and sewing
- Activities where a child has to pinch clothes pins and use tweezers to sort things
- Cooking activities like stirring, adding ingredients and breaking eggs

Contact your Edmonton Early Years Coalition for more information
www.earlychildhoodedm.ca