

# Fine Motor Skills

When playing with children, ask yourself:  
“How does this activity help with a child’s small muscle control?”



## Milestones for Fine Motor Development

### 12-15 month old babies

- Drink from a cup with help
- Build a tower with 2 blocks
- Point to objects in books

### 15-18 month old babies

- Hold a crayon in a fist
- Use pincer grasp (thumb and pointer finger) to pick up and release small objects like cheerios
- Build a 4 block tower
- Hold spoon using thumb, finger and palm
- Turn pages in a book

### 2 year old

- Scribbles spontaneously
- Turns over container to pour out contents
- Builds tower of 4 blocks or more
- Might use one hand more frequently than the other

### 3 year old

- Assemble simple puzzles
- Manipulate clay; finger paints
- Copies simple shapes, such as a cross or circle
- Stacks blocks up to 9 high

### 4 year old

- Copies crosses and squares
- Prints some letters
- Uses table utensils skillfully
- Cuts on a line

### 5 year old

- Hand preference is established
- Laces (but cannot tie) shoes
- Grasps pencil like an adult
- Colors within the lines
- Cuts and pastes simple shapes

## Educational activities that encourage fine motor skills

Blocks (various types and sizes)  
Books  
Water and sand tables  
Crayons, pens, pencils, glue, art material  
Measuring cups, spoons, pots  
Cheerios  
Utensils (spoon, fork)  
Puzzles  
Clay, playdough  
Scissors, paper  
Laces, beads, buttons  
Locks, keys  
Tongs, pompoms  
Sorting  
Stacking/nesting toys  
Weaving



## Correlation

Our program engages children in various forms of fine motor activities so they can learn how to use smaller muscles with precision.