skills on the hill pediatric therapy

Fine Motor Milestones: What Little Hands Should Be Doing

From first grasp to first letters

Fine motor skills - the small movements of the hands and fingers - are the foundation for feeding, dressing, and one day, handwriting. Here's a rough map of what to expect, plus easy ways to help along the way.

NOTICE	TRY	BUILD	CONNECT	GROW

0-12 months

Reaches, transfers toys hand to hand, develops a pincer grasp (~9-10 mo)

Helpful idea

Help: offer safe objects of different sizes and textures

1-2 years

Stacks 2-4 blocks, scribbles, starts using a spoon, turns pages

Help: chunky crayons, blocks, and lots of self-feeding

2-3 years

Strings large beads, snips with child scissors, builds towers

Help: playdough, big beads, tearing paper

3-4 years

Copies a circle, uses a fork, buttons large buttons, holds crayon with fingers

Help: dressing practice and lacing cards

4-5 years

Cuts on a line, draws a person, writes some letters, uses a tripod grasp

Help: tongs, tweezers, and chalk on a vertical surface

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.