

Fine Motor Milestone Tracker

Track fine motor development by age with activities and red flags

Use this tracker to compare your child's fine motor skills against typical milestones. Variations of a few months are normal, but persistent delays across multiple skills warrant evaluation.

AGE	EXPECTED SKILLS	ACTIVITIES TO BUILD SKILL	RED FLAGS
6 months	Reaches and grasps objects; transfers between hands; raking grasp	Offer rattles, soft blocks, textured toys to grasp	No reaching for objects; does not bring hands to midline
12 months	Pincer grasp (thumb + finger); bangs objects together; drops objects intentionally	Cheerios pickup, stacking rings, board books with thick pages	No pincer grasp; only uses one hand; cannot hold a bottle
18 months	Stacks 2-3 blocks; scribbles with crayon; turns pages (several at once); uses spoon (messy)	Mega blocks, chunky crayons, play-dough, finger painting	No scribbling; cannot stack blocks; hand preference already fixed (too early)
2 years	Stacks 6+ blocks; turns pages one at a time; imitates vertical/horizontal lines; unscrews lids	Threading large beads, simple puzzles, pouring water between cups	Cannot stack 4 blocks; no imitative drawing; difficulty with spoon
3 years	Copies circles; cuts with scissors (snips); strings large beads; uses fork; draws a person (head + 1-2 parts)	Playdough with tools, safety scissors practice, lacing cards	Cannot copy a circle; no interest in drawing; avoids fine motor tasks
4 years	Copies crosses and squares; cuts along a line; buttons large buttons; draws person with 4+ parts	Cutting activities, tracing, small LEGO, buttoning practice with dressing frames	Cannot hold scissors correctly; no recognizable drawings; difficulty with buttons
5 years	Copies triangles; colors within lines; writes some letters; ties knots; uses knife to spread	Mazes, dot-to-dot, letter tracing, origami for beginners	Cannot copy a square; pencil grip is fisted; avoids drawing or writing
6 years	Writes first name; cuts complex shapes; ties shoes;	Cursive readiness activities, small bead	Illegible writing with effort; extreme fatigue from writing;

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	uses mature pencil grip; draws detailed pictures	projects, model building	persistent immature grip

Quick Fine Motor Assessment

- Can pick up small objects (raisins, beads) with thumb and forefinger
 - Uses both hands together (one stabilizes, one manipulates)
 - Can isolate finger movements (point, poke, wiggle one finger)
 - Demonstrates hand dominance appropriate for age (typically by 4-5)
 - Tolerates varied textures without distress
 - Shows adequate hand strength (can squeeze, pinch, grip)
 - Crosses midline (reaches across body with either hand)
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