

## Fine Motor Development Checklist –

In order to start training, the trainer/ parents/ teacher/ therapist has to find out what the child can do. If the child is under 5 years, this fine motor development checklist will help the trainer to find out the delay.

| Sr. No. | Skills  | Appropriate age for skill Acquisition |
|---------|---|---------------------------------------|
| 1       | Maintains grasp on the object                                     | 2 - 4 months                          |
| 2       | Brings hands together   | 2 ½ - 4 months                        |
| 3       | Reaches for suspended swinging objects                            | 3 - 5 months                          |
| 4       | Reaches for the objects   | 4 - 5 months                          |
| 5       | Palmer grasp  | 5 – 6 months                          |
| 6       | Grasp objects with both hands                                     | 5 -7 months                           |
| 7       | Object Release  | 5 – 8 months                          |
| 8       | Transfer objects from one hand to another                         | 5 – 8 months                          |
| 9       | Grasps two objects one in each hand                               | 7 – 10 months                         |
| 10      | Picks up objects using the thumb and index finger ( pincer grasp) | 8 – 12 months                         |
| 11      | Puts objects in a small mouthed container                         | 10 – 14 months                        |
| 12      | Moves object from one container to another                        | 16 – 18 months                        |
| 13      | Stacks vessels  | 15 -21 months                         |
| 14      | Turns knob  | 1 ½ - 2 years                         |
| 15      | Turns pages of a book one at a time                               | 2 – 2 ½ years                         |
| 16      | String beads  | 2 – 3 ½ years                         |
| 17      | Unscrew and screw a jar lid                                       | 2 ½ - 3 ½ years                       |
| 18      | Pastes paper  | 2 ½ - 3 ½ years                       |
| 19      | Uses tongs to pick up objects                                     | 2 ½ - 3 ½ years                       |
| 20      | Cuts with scissors  | 2 ½ - 3 ½ years                       |
| 21      | Laces on shoes  | 3 – 4 years                           |