FINE-MOTOR AND SENSORY MILESTONES

Age	Fine Motor Skills	Sensory Processing	Self-Help Skills
0-3 months	- Brings hands to middle in supine position - Tracks objects and looks around the room - Scratches and clutches at clothing	- Tolerates tummy time - Engages in eye contact - Alerts to sounds	-Open mouth in response to food stimulus
4-5 months	- Keep hands open most of time - Reaches for and grasp objects in a variety of positions - Uses both hands equally	- Sleeps through the night - Extends arms to protect when falling - Explores toys and hands at mouth - Hands adapt to shape of objects without looking (tactile assimilation) - Mouths objects without biting hands (tactile discrimination)	-Bring hands to mouth holding toy or object
6-7 months	- Transfers objects - Shakes rattles with wrist movement - Holds objects primarily on the thumb side of the hand	- Explores toys and hands with mouth	-Hold own bottle -Mouth & gums solid foods -Feed self a cracker
8-11 months	- Engages in container play (voluntary release emerges) - Pokes with index finger - Uses a pincer grasp		-Hold spoon -Cooperate w/ dressing by extending arm or leg
12-15 months	- Scribbles spontaneously - Builds 2-3 cube tower	- Decreases mouthing of non-food objects	-May refuse food; appetite decreases -Bring spoon to mouth -Drink from cup w/ some spilling -Remove socks
16-18 months		- Indicates awareness of a dirty diaper	
19-24 months	- Imitates vertical and horizontal lines when coloring - Builds with blocks		-Scoop food, feed self w/ spoon -Remove shoe when laces undone -Zip/unzip large zipper
2-3 years old	- Use both hands together for things like opening jars and stringing beads - Holds crayon with tripod grasp - Snips paper with scissors		-Open door by turning handle -Take off coat -Put on coat w/ assist
4-5 years old	- Cuts out shapes with scissors - Copies the letters in their name		