|  |  |  |  |
| --- | --- | --- | --- |
| **Age** | | **Hand Skills** | **What You Can Do To Encourage These Skills** |
| **1-6**  **months** | | * **Babies are born with a grasping reflex and will close fingers when the palm is touched (newborn to 2 months)** * **Baby will open hands and attempt to grasp an object (approx. 8 weeks)** * **Reach toward an object but does not grasp it (approx. 1-4 months)** * **Uses vision to reach for and grasp objects accurately (approx. 5-6 months)** * **Radial palmer grasp (thumb is opposed) which allows a firm grip around an object (approx. 7 months)** * **An inferior pincer grasp develops -allowing the child to grasp a small object between the side of the finger and the thumb pad (9 months)** * **Places toys in their mouth (birth-6mos.)** * **Bats at toys and mobiles (birth-6mos.)** * **Throw toys (birth-6mos.)** | * **Offer the infant the opportunity to bat at objects; such as dangling toys on activity mats, bouncy chairs, or placed on the handle of an infant car seat/carrier.** * **“Tummy Time!” At least 30 minutes (throughout the day) of awake, supervised, play time where the infant is placed on their tummy.  This can be done on an activity mat or on a bed or sofa. Offer toys that your child enjoys at this time.** * **Your child may cry initially when placed on their tummy but this could possibly be the most important thing you can do to promote core strength for your child.  She will learn to love being on their tummy.** |
| **6-12 months** | * **Crude raking of small object (7 months)** * **Grasp and throw objects with greater accuracy (approx. 9-12 mos.)** * ·**Accurately releases objects into a container (approx. 9-12 mos.)** * **Child is able to isolate index finger (approx.10 months)** * ·**Pincer grasp is developed-child is able to stabilize a small object between its index finger and thumb (approx. 12 months)** * **Picks up a spoon by the handle (approx. 1 year)** | | * **Tummy time is still important!** * **Playing with blocks** * **Dropping blocks or toys into a container** * **Introduce toys which encourage pointing or pushing buttons to cause a noise or movement** * **Give your child a spoon to explore with during meal times. Help your child bring the spoon to their mouth.** * **Give your child cheerios to eat with their fingers** |
| **12-18 Months** | * **Turns pages of cardboard book (approx. 12-15mos.)** * **Builds 2 cube tower (appox.12-15 mos.)** * **Bilateral hand use to navigate their environment (Child uses two hands together)** * **Scribbling with a crayon (approx. 12-24 months)** * **Place rings on a cone (approx.12-24 mos.)** * **Imitate simple strokes (approx.12-24 mos.)** * **Grab block and throw it into a container (approx.13 mos.)** * **May be ready to scribble (approx.13 mos.)** * **May be able to use a spoon –but not consistently (approx. 13mos.)** * **Can hold crackers and similar shaped foods (approx.12-15mos.)** * **Pincer grasp-Child can use the index finger and thumb to hold small item (approx. 18 months)** * **Feed self with spoon (approx. 18 mos.)** * **Hold a cup (approx.18mos.)** * **Stacks 3 blocks (approx.16 months)** * **Imitates crayon stroke (approx.16-19 months)** | | * **Nesting toys** * **Play games that require your child to roll balls back and forth** * **Read boardbooks to your child and encourage them to turn the pages.** * **Large, interlocking building blocks.** * **Stacking rings** * **A toddler golf set** * **Baseball bat and ball with tee set** * **Toddler safe musical instrument such as drums, maracas or keyboard** * **Crayons and paper for scribbling and drawing basic lines. it is best to place the paper on a vertical surface, such as taped to the refrigerator or on an easel.  This helps the child use correct posture.** * **Play with pots, pans, spoons. Allow child to bang these items together to encourage use of both hands together** * **Playing with stuffed toys helps to develop hand strength** |
| **18-24**  **Months** | * **Holds a crayon or marker without help (21)** * ·**May start to use one hand over the other (approx. 21mos.)** * **Tower of 6 cubes (approx. 22mos.)** * ·**More involvement of using “helping hand” during feeding (approx. 23 months)** * **Attempts to fold paper (approx.20-23 mos.)** | | * **Puzzles with large pieces and knobs** * **Blocks** * **Use an easel for drawing, painting** * **Stack cans or plastic containers from kitchen** * **Offer toys or utensils at the center of the child’s  body, instead of the right or left side.** * **Make cards for family members and friends, have your child attempt to fold the paper in half.  They will probably need help, but the experience will be beneficial!** |
| **2-3 Years** | * **Begins to color on paper** * **Completes pegboard designs** * **Carry large ball with 2 hands** * **Eat with fork and spoon** * **Zips/unzip zipper** * **Child can complete a 3 shape puzzle** * **Turns pages of a book one at a time** * · **Imitates horizontal, vertical lines and circles** * **Turns door knobs to open doors** * **Snip with scissors** * ·      **Manipulates buttons on clothing** | | * **Play with 1 inch beads** * **Read books and have your child turn the pages** * **Have your child attempt to use the zippers and buttons on their clothes** * **Toss and catch a large soft ball** * **Roll large balls to knock down bowling pins (use toilet paper rolls)** * **Play wonder ball** * **Play with wind-up toys** * **Snip construction paper/sandpaper with beginner scissors** * **Use playdough or wicki stix to make shapes** * **Draw shapes on a cookie sheet covered in sand or shaving cream** * **Play tiddly winks** |
| **3-4**  **Years** | * **Is able to draw and name a circle and cross** * **Color simple picture** * **Copy vertical and horizontal lines** * **Accurately string ½ inch beads** * **Towers cubes** * **Snip paper with scissors** * **Copy a 3 block pyramid** | | * ·**Craft projects using glue, stickers, and fun items such as pom poms.** * **Games that use small pieces; such as Cootie and Don’t Spill the Beans.** * **Games that require the eyes and hands to work together, such as Elefun or trying to keep a balloon up in the air.** * **Popping bubbles** * **Games that require tongs, such as Scatterpillar Scramble** * **Using building blocks** * **Lacing cards** * **Puzzles** * **Memory games** |
| **4-5  Years** | * ·**Demonstrates good use of both hands together (Bilateral Coordination)** * **Draws and Names Pictures** * **Cuts and pastes simple pictures** * **Copies simple forms and some letters** * **Increasingly good fine motor control (use of hands and fingers)** * **Holds crayon or marker with tripod grasp (approx. 5 years)** * **Cuts on line with scissors-although not perfectly (approx. 5 years)** * **Preference of one hand (hand dominance) is established (approx. 5 years)** * **May be able to color within the lines (approx. 5 years.)** * **Reproduces many shapes and letters  (approx. 5 years)** | | * **Crafts: peel and stick gems** * **Magnetic picture games** * **Connect Four** * **Trouble** * **Dominos** * **Help you wrap presents** * **Rolling dough for cookies** * **Use glue sticks and hold like a pencil** * **Trace stencils** * **Encourage consistent use of preferred hand** * **Form letters with a variety of mediums (draw in air, build on pegboard, magna doodle)** * **Dot to dot worksheets** * **Maze worksheets**   **Cutting worksheets** |