

BY 1 MONTH

GROSS MOTOR SKILLS

- Bobbing of head when held by shoulders vertical
- Momentarily can lift head when on front
- When on back can kick legs in cycles
- Can look at peoples faces and objects

FINE MOTOR SKILLS

- Arms move symmetrically
- Can wrap fingers round rattle
- When lying on back can move face with eyes
- Can make eye contact
- Can relax when cuddled
- Brings hand to mouth randomly

BY 2 MONTHS

GROSS MOTOR SKILLS

- When on back and side, brings hand to mouth
- When on tummy can lift head and turn to both sides
- Turns from side to back by turning head

FINE MOTOR SKILLS

- Can show awareness of hands when holding rattle
- Looks from one object to another
- Responds to interaction with a smile
- Can follow object in 180 degree spectrum when lying on back
- Involuntarily drops objects

BY 3 MONTHS

GROSS MOTOR SKILLS

- Can hold hands open and closed
- Can bring hands together
- When on back can look at object when placed in their hand
- Able to tuck chin when on back

FINE MOTOR SKILLS

- Hands more open, more often
- Brings hands and objects to mouth
- Follows a moving object with eyes
- Socialises with anyone
- Makes noises in response to talk
- Smiles

BY 4 MONTHS

GROSS MOTOR SKILLS

- Plays whilst lying on side
- Reaches with both hands to object
- Brings rattle to mouth with both hands when on back
- Holds head steady
- Can roll from back to side

FINE MOTOR SKILLS

- Reaches and grasps an object
- Pats bottle
- Grasps objects with contact to palm of hand
- Can clasp hands together
- Recognizes parent
- Repetition of enjoyable activities
- Hands open most of the time

BY 5 MONTHS

GROSS MOTOR SKILLS

- Starts to roll from tummy onto back
- Brings feet to hands and holds for a short period
- Can extend both arms fully when on tummy

FINE MOTOR SKILLS

- Can hold two objects at a time, one in each hand
- Transfers objects from one hand to the other
- Can hold bottle independently
- Displays slight anxiety to strangers
- Extends arms to parents
- Observes parents facial expressions

BY 6 MONTHS

GROSS MOTOR SKILLS

- Rolls from tummy to back (and back) with more purpose
- Can push entire chest off surface with extended arms and open hands
- Brings feet to mouth when on back
- Begins to support self by extending arms forward and

FINE MOTOR SKILLS

- Follows objects with eyes without moving head
- Can reaches with only one hand/arm in turn
- Holds small objects between index/middle fingers and palm (may not use thumb yet)
- Bangs object on table
- Brings bottle to mouth with

<p>opening hands when losing balance (sitting)</p>	<p>hands</p> <ul style="list-style-type: none"> • Displays anxiety when
<p>BY 9 MONTHS</p>	
<p>GROSS MOTOR SKILLS</p>	<p>FINE MOTOR SKILLS</p>
<ul style="list-style-type: none"> • When on back, can rock with knees are raised to hands • Using arms or legs, can pivot when sitting • Transitions from hands and knees position by turning via side-sitting to sitting on bottom • Can sit steadily when unsupported for around one minute or more • Can catch self when losing balance by extending arm to side with open hand (sitting) • Begins to stand whilst holding on to well supported furniture 	<ul style="list-style-type: none"> • Can finger feed • Releases objects voluntarily • Takes object/cube out of container • Can point with index finger • Starts to clap both hands together • Grabs small objects with thumb and side of index finger • Extends object to show others • Can hold small spoon
<p>BY 12 MONTHS</p>	
<p>GROSS MOTOR SKILLS</p>	<p>FINE MOTOR SKILLS</p>
<ul style="list-style-type: none"> • Lowers self to sitting on floor from standing at furniture without falling • Can catch self when losing balance backwards by extending arm in backward direction with open hand • Can roll ball forward by using hand or arm contact (sitting) • Can throw small ball by straightening shoulder or elbow when standing • Can walk along holding onto furniture • Stands alone for a few secs • Pull self to standing position by leading with one leg 	<ul style="list-style-type: none"> • Can put three or more objects in container • Claps hands together well • Can use index finger and thumb to pick up objects • Begins to mark paper with crayon • Starting to bring spoon to mouth • Imitates clapping and waving, etc • Gives object to familiar adult upon request • Shows toy preference

BY 15 MONTHS

GROSS MOTOR SKILLS	FINE MOTOR SKILLS
<ul style="list-style-type: none">• Can stand alone well• Is able to change direction while walking without losing balance• Can crawl up stairs independently (around three steps)• Can bend to pick up object from floor and return to standing without losing balance• From sitting can transfer to standing by using hands and feet	<ul style="list-style-type: none">• Can grasp two objects in one hand• Can place many objects in container• Can remove socks from both feet• Holds arms and legs out when being dressed• Can feed self with spoon (some spillage)• Can pull an object (on string) behind whilst walking• Is able to hug and kiss parents

BY 18 MONTHS

GROSS MOTOR SKILLS	FINE MOTOR SKILLS
<ul style="list-style-type: none">• Can climb in (adult) chair and turn around to sit• Pushes and pulls large objects around the room• Can carry a large object around the room without losing balance• Attempts to kick ball by stepping on it or kicking into it• Can walk backwards for around five steps (while pulling toy on string) without losing balance	<ul style="list-style-type: none">• Uses gesture when playing• Grasps crayon and points tip towards paper• Puts toys away with assistance• Can remove shoes with laces untied• Begins to manipulate objects with intent (pushing car, etc.)• Can become frustrated easily

BY 21 MONTHS

GROSS MOTOR SKILLS	FINE MOTOR SKILLS
<ul style="list-style-type: none">• Can throw ball overhead from standing• Is able to bend at the knees and balance to play (squat)	<ul style="list-style-type: none">• Helps with simple household tasks• Begins to draw a circular scribble with crayon on paper

<ul style="list-style-type: none"> • Can kick ball forward without falling • Can walk up and down stairs with one hand on rail using step-to gait (two feet on each step) 	<ul style="list-style-type: none"> • Is able to open doors by turning handle • Can hold small cup in one hand
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BY 24 MONTHS

GROSS MOTOR SKILLS	FINE MOTOR SKILLS
<ul style="list-style-type: none"> • Can throw a small ball underhand from standing (in direction of a target) • Can jump around two inches from floor with both feet • Can run without falling • Can walk up and down stairs using step-to gait (two feet on each step) without holding on • Can jumps from bottom step (may lead with one foot first) 	<ul style="list-style-type: none"> • Begins to draw a horizontal line with crayon on paper • Displays shyness in different surroundings (outside) • Initiates own play, but needs supervision to carry out ideas • Is able to hold crayon with thumb and fingers • Washes hands • Pulls pants down (with assistance) • Engages best in play interaction with another child who is older (not a sibling) • Can snip with scissors

BY 30 MONTHS

GROSS MOTOR SKILLS	FINE MOTOR SKILLS
<ul style="list-style-type: none"> • Can jump around 8-10 inches with both feet without losing balance • Walks on tiptoes for a few seconds maintaining balance Attempts standing on one foot • Can throw a small ball overhead by moving arm upward and back 	<ul style="list-style-type: none"> • Wants to play and do things independently • Can snip across a piece of paper with scissors • Shows enjoyment when playing interactive games • Begins to use a fork • Resists change and find transitions difficult • Takes pride in achievements • Can dress with assistance

BY 3 YEARS

GROSS MOTOR SKILLS

- Peddles on tricycle for short distances
- Can now kick ball around six feet
- Can jump up, down and forward with two footed take-off and landing (around 2 foot in height/length)
- Can walk up stairs whilst placing one foot on each step without holding on (around four steps)
- Imitates one foot standing for between one and five seconds
- Can catch ball with hands and arms extended

FINE MOTOR SKILLS

- Can snip along a piece of paper in a straight line
- Self-feeds with spoon, still some spilling
- Puts shoes/socks on independently
- Is able to stay in group during activity
- Brushes own hair
- Plays with another child and is able to share toys
- Can put together simple puzzles

BY 4 YEARS

GROSS MOTOR SKILLS

- Can pedal tricycle for long distances and able to turn corners and make u-turn
- Can stand on one foot for five seconds
- Can stand on tiptoes with hands in the air for more than three seconds.
- Able to walk in a straight line for around 10 feet
- Hops on one foot forward, two or three times
- Walks down stairs by placing one foot on each step for around four steps (alternating gait)
- Throws small ball underhand (distance of around 10 feet)

FINE MOTOR SKILLS

- Can demonstrate hand preference
- Can snip out a small square or triangle with scissors
- Participates in cooperative play
- Comforts playmates in distress
- Can button up front-opening clothing
- Independently dresses and undresses daily at designated times without reminders
- Can verbalise feelings prior to physical expression
- Returns objects to assigned place when asked
- Is able to calm down after active period and waits for instruction

BY 5 YEARS

GROSS MOTOR SKILLS

- Can jump to complete a 180 degree turn in the air
- Can gallop with weight transferred evenly - arms move freely in opposition to legs
- Can now hop on one foot (is able to do so with both feet around 10 times)
- Can catch a small ball with hands only (from around 5 feet)
- Skips forward using opposite arm and leg action and uses

FINE MOTOR SKILLS

- Places shoes on correct feet and can lace up
- Can grasp crayons and performs fluid movements
- Writes own name
- Writes 10-19 letters per minute
- Is able to play games with rules
- Can draw a picture of at least 3 different objects

BY 6 YEARS

GROSS MOTOR SKILLS

- Is able to perform five sit-ups in around 20 seconds
- Is able to perform 8 push-ups in around 20 seconds
- Can hop 20 feet without falling or letting other foot touch the floor
- Places hands on hip and can stand on one foot for 10 seconds (each leg)
- Can kick a ball forward in the air (around 12 feet high)
- Is able to walk on tip toes (around 15 feet)
- Can bounce a small ball on floor and catch it with one hand
- Skips forward using opposite arm and leg action and uses alternate feet (maintains balance and rhythm)

FINE MOTOR SKILLS

- Pauses in speech to allow others to talk
- Offers to help others without being asked
- Ties laces and dresses/undresses without help
- Is able to zip/unzip clothing
- Writes 14-25 letters per minute
- Uses right and left to direct
- Is able to learn complex rules and play games
- Can accept friendly teasing