

Motor Skills

Age by Age

One month

Large-Motor Skills

- * Lifts chin when placed on stomach

Two months

Large-Motor Skills

- * Lifts chest well above surface when placed on stomach

Three to Four months

Large-Motor Skills

- * Reaches for objects, but unsteadily
- * Holds up head steadily
- * Rolls from side to back and from back to side
- * Has complete head control when sitting on an adult's lap
- * Holds head erect when carried

Five to Six months

Large-Motor Skills

- * Sits alone briefly
- * Reaches and grasps successfully, but awkwardly
- * Turns completely over when laid on back or stomach
- * Prefers to sit up with support

Small-Motor Skills

- * Reaches and grasps successfully but awkwardly
- * Uses hands to reach, grasp, crumble, bang, and splash

Seven to Eight months

Large-Motor Skills

- * Reaches for spoon
- * Pulls self up while holding onto furniture
- * Sits up steadily
- * Propels self by arms, knees, or squirming motions

Small-Motor Skills

- * Eats with fingers
- * Picks up large objects

Nine to 10 months

Large-Motor Skills

- * Walks when led
- * Reaches for and manipulates objects with good control
- * Stands holding onto furniture or other supports
- * Crawls on hands and knees

Small-Motor Skills

- * Reaches for and manipulates objects with good control
- * Picks up medium-sized objects as well as larger ones
- * Uses a spoon more skillfully

11 to 12 months

Large-Motor Skills

- * Stands alone
- * May walk alone

Small-Motor Skills

- * Shows a preference for one hand over the other
- * Holds and drinks from a cup
- * Fits blocks, boxes, or nesting toys inside each other
- * Picks up small objects using thumb and forefinger

12 to 18 months

Large-Motor Skills

- * Improves from walking a few unsteady steps to walking well
- * Slides down stairs backward, one step at a time
- * Stoops to pick up toys

Small-Motor Skills

- * Turns pages of a book, several pages at a time
- * Picks up small objects easily, using thumb and forefinger
- * Scribbles

18 to 24 months

Large-Motor Skills

- * Runs fairly well
- * Stands on one foot
- * Learns to walk up and down stairs, holding on, both feet on each step
- * Throws objects overhand

Small-Motor Skills

- * Buttons large buttons
- * Pulls down zippers
- * Turns a doorknob

24 to 30 months

Large-Motor Skills

- * Walks with more coordination and confidence
- * Climbs even in unsafe places
- * Jumps off bottom step
- * Pushes self on wheeled toys

Small-Motor Skills

- * Turns pages of a book, one at a time
- * Strings large beads
- * Builds towers of about six blocks

30 to 36 months

Large-Motor Skills

- * Runs but may not be able to stop smoothly
- * Alternates feet going up stairs, but not going down
- * Throws balls overhand, but inaccurately
- * Kicks balls

Small-Motor Skills

- * Builds towers of about eight blocks
- * Draws horizontal and vertical lines
- * Screws lids on and off containers

Three years

Large-Motor Skills

- * Jumps up and down in place
- * Walks on tiptoe
- * Rides a tricycle
- * Catches a ball with arms straight

Small-Motor Skills

- * Builds towers of about

nine or 10 blocks

- * Makes a bridge from three blocks
- * Cuts with scissors
- * Draws recognizable pictures
- * Uses a fork and spoon with little spilling

Four years

Large-Motor Skills

- * Gallops and hops
- * Dresses and undresses self
- * Jumps forward as well as in place
- * Throws overhand with body control

Small-Motor Skills

- * Laces shoes
- * Cuts on line with scissors

Five years

Large-Motor Skills

- * Stands and balances on tiptoe for short periods and skips, alternating feet

Small-Motor Skills

- * Ties shoelaces
- * Draws recognizable people
- * Writes alphabet letters
- * Buttons, snaps, and zips clothes

6 years

Large-Motor Skills

- * Throws and catches balls with more ease and accuracy

Small-Motor Skills

- * Cuts, pastes, molds, and colors skillfully
- * Writes an entire word