

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