

## What Are Fine Motor Milestones?

Milestones are sets of age-specific tasks that most children can perform at a particular stage of development. If your child is meeting fine motor milestones, it means he or she is using his or her eyes and hands to perform functional tasks such as feeding, small object manipulation, dressing, writing and catching a ball.

## What If My Child is Not Meeting Milestones?

The list of fine motor milestones included in this brochure is just a guide. If you're concerned at any point in your child's development that he or she is not meeting milestones at the appropriate age, please consult your pediatrician.

If your child is experiencing setbacks, early therapy can be very beneficial in helping him or her reach those milestones and preventing further delays.

## Need an appointment?

Schedule a visit with an Ochsner physician by calling **866.OCHSNER (866.624.7637)**.

For Therapy & Wellness appointments, call **504.842.4348**.

## Find the therapy you need here.

Therapy & Wellness for Children – Metairie  
3211 North Causeway Blvd.  
Metairie, LA 70002

## Get a referral, and get on the road to recovery!



Need a referral? Schedule a visit with an Ochsner physician by calling **866.OCHSNER (866.624.7637)**.



Already have a physician's referral? To schedule an appointment, simply call in your referral to **504.736.4640**, or fax it to us at **504.703.3021**.



We accept private, Medicaid and most major insurance plans.

# OCHSNER PEDIATRIC OCCUPATIONAL THERAPY

Help Your Child Meet Fine Motor Milestones.



**Help your child** master self-help skills like feeding, dressing and personal hygiene, as well as coordination, writing and more, with Pediatric Occupational Therapy through Ochsner Therapy & Wellness. Our highly skilled therapists will help your child identify and improve any deficits in his or her fine motor skills.



# Fine Motor Milestones



## BABY

### 0-2 Months

- Grasps small toy

### 3-5 Months

- Brings hand to mouth
- Reaches for/holds/shakes toy
- Hits dangling objects with hands

### 6-8 Months

- Holds bottle to mouth
- Passes an object between hands
- Feeds him/herself finger foods

### 9-11 Months

- Waves bye-bye
- Pokes/points with index finger
- Throws things

## YOUNG TODDLER

### 12-15 Months

- Identifies 1 body part
- Imitates adult by scribbling
- Brings spoon to mouth

### 16-19 Months

- Drinks from/puts down small cup
- Puts large peg in hole

### 20-23 Months

- Turns hand to screw lid
- Turns light switch on/off
- Zips/unzips easy zippers

### 24-27 Months

- Grasps thick crayon with thumb/fingers
- Threads shoelace with beads
- Throws large ball

## YOUNG CHILD/PRESCHOOL

### 28-31 Months

- Grasps pencil with fingers/thumb
- Brushes teeth with help

### 32-35 Months

- Uses small beads/pegs
- Eats with a fork
- Dresses self with help

### 3-3½ Years

- Completes an easy puzzle
- Shows age with fingers
- Copies a circle

### 3½-4 Years

- Grasps pencil correctly
- Cuts paper in half
- Copies letters

## PRE-K/ELEMENTARY

### 4-4½ Years

- Fastens buttons
- Touches thumb to each finger
- Draws person with 3 body parts

### 4½-5 Years

- Squeezes bottles
- Inserts key/opens lock
- Zips most zippers

### 5-5½ Years

- Laces/ties shoes
- Builds complex block design
- Prefers right or left hand

### 5½-6 Years

- Catches one-handed/throws straight
- Copies name in print clearly
- Copies numbers 1-5



## Trust therapy customized for your child. Our pediatric occupational therapists treat:

- Deficits in upper extremity function
- Visual motor/tracking delays
- Difficulty with writing or prewriting
- Difficulty with purposeful manipulation of objects
- Difficulty with bilateral hand or body use
- Sensitivities to food
- Decreased coordination
- Decreased independence and self-help skills
- Poor self-calming
- Intolerance to movement
- Intolerance of touch