

## **Preschool Milestones**

### **Fine Motor Development**

#### **A. Uses strength and control to perform simple tasks**

1. Puts pegs in pegboards
2. Constructs simple structure with interlocking pieces (bristle blocks, legos)
3. Uses clothespins to hang up art work or doll clothes to dry
4. Tears tape from tape dispenser
5. Uses scissors to snip playdo snakes
6. Uses scissors to snip paper strips
7. Uses scissors to fringe along an edge (2 or 3 cuts)
8. Cuts 4"-6" or 6"-8" paper strips
9. Cuts along a 3" line
10. Cuts curved lines
11. Cuts out simple pictures
12. Turns pages in a book
13. Twists screw top jar lids off and on
14. Turns handle of an eggbeater
15. Twists a wind-up toy
16. Twists small pieces of tissue paper into balls for collage
17. Twists nuts and bolts together
18. Turns pre-fitted screws with screwdrivers

#### **B. Uses eye-hand coordination to perform tasks**

1. Complete puzzles (6-8 pieces, 10-12, 12-15)
2. Uses tongs to place objects in a bowl
3. Uses tweezers to pick up small objects
4. Folds paper to place in an envelope
5. String beads
6. Strings cheerios
7. Laces through punched holes in lacing cards
8. Weaves paper strips through precut slits in stiff paper
9. Braids thick yarn or material strips
10. Ties knots
11. Builds a tower of 1" cubes
12. Builds simple unit block structure
13. Creates recognizable, named structures using many unit blocks

14. Hammers large pegs in a workbench
15. Hammers golf tees in styrofoam
16. Hammers a nail in soft wood
17. Saws a piece of wood in half
18. Removes shirt and pants
19. Takes coat off and hangs on hook
20. Puts coat on
21. Takes off and puts on shoes and socks
22. Ties shoe lace
23. Laces shoes
24. Manages Velcro fasteners
25. Unzips clothes
26. Zips clothes
27. Unbuttons clothes
28. Buttons clothes
29. Zips a separated front zipper (jacket)
30. Unsnaps front snaps
31. Snaps front snaps
32. Unbuckles belt
33. Inserts belt through loops
34. Pulls pants and underpants up and down for toileting
35. Uses small cup for drinking with minimal spills
36. Feeds self with spoon
37. Feeds self with fork
38. Uses a napkin to wipe hands, mouth, and wipe up spills
39. Uses table knife and fork to cut food
40. Passes food bowl and serves self
41. Scrapes own plate after lunch
42. Stirs liquids with a spoon
43. Prepares own bowl of cereal
44. Pours rice from one container to another
45. Pours own milk
46. Uses blunt-edge knife to spread cream cheese on a bagel
47. Prepares a sandwich
48. Grates a carrot with a grater
49. Opens a small milk carton
50. Washes and dries own face and hands
51. Wipes nose with tissue

52. Brushes own teeth

**C. Shows beginning control of writing, drawing and art tools**

1. Experiments with a variety of drawing tools: crayons, markers, chalk
2. Experiments with sponges, Q-tips, brushes and other tools for painting lines and shapes
3. Paints at the easel, trying big and small brushes and different strokes
4. Draws a person with at least one body part (named by the child)
5. Draws a person with major body parts
6. Draws a person with body details (eyes, nose, mouth, ears, fingers, toes, etc)
7. Draws a scene with details (sky, sun, clouds, rainbow, house, flowers, etc)
8. Draws a series of pictures to depict a story
9. Makes designs with finger-paint
10. Uses small paint brush and water colors
11. Holds pencil in pincer grasp
12. Uses pencil in preferred hand
13. Scribble "writes" with pencil, pens, markers
14. Makes some recognizable letters
15. Writes own first name
16. Uses glue stick to create collage