

DEVELOPMENTAL MOTOR SKILLS GUIDELINES (0-72 MONTHS)

VENTURA COUNTY SELPA

OCCUPATIONAL THERAPY NETWORK JULY 2016 (updated)

The Ventura County SELPA Developmental Motor Skills Guidelines were originally developed by the Ventura County Occupational Therapy Network in October 2001. The purpose was to create a fine and gross motor skill assessment tool for children 0-6 years of age. The guidelines clustered skills from several instruments such as the Brigance, Vineland, HELP, VMI, and Peabody into a consensus of skills for each sequential 6-month period from birth to 6 years. The skills are listed in the approximate order of difficulty within each age period. The revised guidelines incorporate the skills from the most updated version of the former instruments. It is meant to capture the milestones of each age range while realizing that there are several other skills that are also developing at the same time.

Ages 0-5 Months

Gross Motor	Skills Attained		Comments/Notes
Lifts Head briefly to prone	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Turns head side to side	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Holds chest up in prone while propped up on forearms	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Rolls prone to supine	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Holds head steady when supported sitting	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Holds head up to 90 degrees	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Little or no head lag when pulled to sit/holds head in line with body when pulled to sit	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Sits Momentarily	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

Fine Motor	Skills Attained		Comments/Notes
Brings hands to midline in supine	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Clasps hands	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Grasp reflex inhibited (4-6 months)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Reaches for object bilaterally	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Uses ulnar palmar grasp (3.5-4.5 months)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Uses radial palmar grasp (4.5-6 months)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Brings toys to mouth	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

Ages 6-11 Months

Gross Motor	Skills Attained	Comments/Notes
Rolls over supine to prone	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Pulls up to sitting while lying on back and holding onto adult's fingers	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Supported Sitting	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Unsupported sitting (6-8 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Rocking when kneeling on hands and knees	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Crawls	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Pull up to stand using furniture	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Walking or cruising (9-14 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Fine Motor	Skills Attained	Comments/Notes
Rakes a raisin	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Reaches for object with 1 hand	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Picks up small object, such as raisin	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Transfers objects 1 hand to the other	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Squeezes objects	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Bangs toys in play	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Emerging voluntary release	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Pulls string adaptively	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Inferior pincer grasp	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Finger feeds	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Stacks rings	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Ages 12-17 Months

Gross Motor	Skills Attained	Comments/Notes
Stands alone well	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Rolls a ball	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Picks up objects from floor	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Plays with pull/push toys	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Able to walk backwards 1-2 steps	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Climbing	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Tries to run into large ball to kick	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Walks upstairs with help, not alternating feet	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Creeps downstairs	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Hurried walk	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Fine Motor	Skills Attained	Comments/Notes
Scribbles with crayons	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Mature pincer grasp to hold small objects	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Turns pages of cardboard book	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Stacks 2 blocks (12-16 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Puts cube in container	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Places 1 round peg in pegboard	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Brings filled spoon to mouth	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Builds tower of 3 blocks (16-18 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Ages 18-23 Months

Gross Motor	Skills Attained	Comments/Notes
Throws overhand within 3 feet of target (16-22 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Throws tennis ball underhand at least 3 feet forward (23-24 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Backs into small chair or slides sideways into a chair (17.5-19 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Climbs forward onto an adult chair, turns around and sits	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Stands on 1 foot with help	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Able to walk backward 4 steps	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Walk while carrying large objects	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Picks up toy from floor without falling	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Kicks ball forward	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Throws a ball overhand within 3 feet of a target	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Squats in play	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Jumps in place (22-30 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Jumps forward	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Fine Motor	Skills Attained	Comments/Notes
Strings one 1-inch bead	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Imitates vertical strokes	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Hand preference emerging	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Imitates circular strokes	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Scoops food (15-24 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Places 6 large pegs in pegboard	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Builds 6 block tower	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Snips with scissors	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Washes and partially dries hands	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

Ages 24-29 Months

Gross Motor	Skills Attained		Comments/Notes
Imitates 1-foot standing	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Stands on tip toes	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Walks up and down stairs, not alternating feet	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Runs smoothly with changes in direction and speed	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Rides a tricycle	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Jumps over a small object	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Catches large ball, thrown or bounced, from 5 feet	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Throws tennis ball overhand 7 feet	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Jumps backwards	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

Fine Motor	Skills Attained		Comments/Notes
Imitates horizontal strokes	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Imitates 3-4 cube train	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Folds paper in half (not precise)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Unbuttons large buttons	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Puts shoes on with assistance	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Uses digital pronate grasp on crayon (full hand with thumb down)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Consistently prefers 1 hand	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Screws and unscrews jar lid (24-26 months)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Turns a doorknob	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Imitates vertical and horizontal lines	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

Ages 30-35 Months

Gross Motor	Skills Attained		Comments/Notes
Hops on 1 foot	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Walks upstairs, alternating feet	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Jumps over 2-8-inch-high string	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Walks on tip toes	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Negotiates obstacles	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Runs on their toes.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

Fine Motor	Skills Attained	Comments/Notes
Snips on a line	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Imitates a circle	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Builds an 8 block tower	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Strings ½-inch beads	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Stabs food with fork and brings to mouth	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Pours liquid from small container	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Buttons large buttons (or 37-48 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Ages 36-41 Months

Gross Motor	Skills Attained	Comments/Notes
Bounces and catches large ball	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Balance on 1 foot for 5 seconds	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Jumps forward 24-26 inches with feet together	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Climbs on high play equipment	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Pedals. Steers, turns, starts, and stops a tricycle (38-52)	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Fine Motor	Skills Attained	Comments/Notes
Cuts continuously (not on a line)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Imitates making 3-block bridge	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Copies horizontal line and circle	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Puts together simple inset puzzle	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Laces 3 holes	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Helps with dressing	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Puts socks on completely	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Ages 42-47 Months

Gross Motor	Skills Attained	Comments/Notes
Kicks stationary ball using 2-step start	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Kicks a large rolling ball	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Runs and changes direction without stopping	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Step hop for 5 feet	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Alternates feet downstairs without support	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Jumps to floor from 12 inches	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Hops 3 times	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Fine Motor	Skills Attained	Comments/Notes
Holds crayon with static tripod grasp	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Matches simple bead or block patterns	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Builds a tower of 10 blocks	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Cuts on a straight line	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Places small pegs into pegboard	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Reproduces a 2-D block design	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Folds paper 3 times, edges close	Yes <input type="checkbox"/> No <input type="checkbox"/>	
String small beads, cubes, cylinders, based on simple pattern	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Ages 48-53 Months

Gross Motor	Skills Attained	Comments/Notes
Walks heel to toe	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Walks 10 feet carrying object blocking view of floor	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Gallops forward	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Pedals, steers, turns, starts, and stops a tricycle (38-52 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Fine Motor	Skills Attained	Comments/Notes
Dresses independently when asked	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Cuts out circle and square	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Connects dots in straight line	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Copies a cross	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Copies a diagonal line	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Completes a picture of stick person (48-60 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Spreads paste on 1 side of paper and turns over to stick it to another paper.	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Ages 54-59 Months

Gross Motor	Skills Attained	Comments/Notes
Stands on 1 foot for at least 6 seconds each foot	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Hops on 1 foot 5 times	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Walks 4 feet on 4-inch balance beam	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Imitates arm positions accurately	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Throw a ball 10 feet, overhand	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Fine Motor	Skills Attained	Comments/Notes
Draws a person (48-60 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Builds 6 block pyramid	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Copies square, diagonal lines, & X	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Mature tripod grasp with open web	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Completes non-inset puzzle, 6 pieces	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Folds paper in half lengthwise	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Ages 60-72 Months

Gross Motor	Skills Attained	Comments/Notes
Hops on 1 foot 8-10 times	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Walks downstairs carrying an object	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Runs through obstacle course, avoiding objects	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Skips	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Sit ups 5 times	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Tip toes for 15 feet	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Catches a tennis ball by trapping (catches in hands by 71 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Performs 1 push up	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Maintains balance on movable platform (such as standing on rocker board or disco sit)	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Fine Motor	Skills Attained	Comments/Notes
Hand Dominance established	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Copies a triangle	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Draws 3 simple recognizable objects	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Completes 10-12-piece interlocking puzzle	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Prints own name and traces letters	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Folds paper in half twice with edges parallel	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Zips most zippers (jacket)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Selects clean clothes, changes underclothes regularly (66-78 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Ties shoelaces independently (66-78 months)	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Completes complex interlocking puzzle 12+ pieces (66-78 months)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
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REFERENCES

Beery-Buktenia Developmental Test of Visual Motor Integration, (VMI), Sixth Edition, 2010

Brigance Inventory of Early Development, Standardized III, 2013

Hawaii Early Learning Profile (HELP), 0-3 (2014), 3-6 (2010)

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Updated by Robin Goldfinger and Heidi Escobar, July 2016, with research assistance from Miriam Llamas, Glasgow Caledonian University, as part of her student project during her Level II Occupational Therapy Fieldwork Placement with VCOE and formatting assistance from Colleen Darrow