

# Fine motor skills: Ages 12 to 18 months

## Fine motor and play skills expectations

- Claps hands together well
- Scribbles with clear marks
- Points with index finger
- Puts 3 or more objects into a container
- Imitates waving
- Throws a ball
- Stacks 2 to 6 blocks



## Playing skills

## Self-care skills expectations

- Holds arms and legs out while getting dressed
- Removes both socks
- Feeds self with a spoon, but expect lots of spillage



Self-feeding with spoon

## Helping your child

- Help your baby learn to poke and point with their index finger. For example, poke at bubbles, point at pictures in a book, and point at family members and pets.
- Use shape sorters and large pegboards to work on grasping and hand muscle control.
- Show how to make marks (up, down, circles) with large crayons. Child will learn how to draw by repeating what you do.
- Toss and roll a ball back and forth while sitting and standing. This helps to work on using vision and hands at the same time.
- Start working on self-feeding. At first, help your child by holding their hand on the spoon. Start with an easy to scoop food, like oatmeal or yogurt.

## Helpful toys

- Shape sorters
- Animals or people around 2" to 3" tall
- Blocks or cups
- Large crayons
- Large peg activities
- Bubbles
- Books



## Rehab Services and NEST Clinic

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.