

Fine motor skills: Ages 3 to 6 months

Skills for babies ages 3 to 6 months

Expect your baby to have these skills at ages 3 to 6 months.

3 months

- Tries to reach for objects, but cannot grasp yet.
- Uses eyes to follow faces and toys moving from side to side while in supported sitting.

4 months

- Briefly holds objects when placed in their palm.
- Brings both hands together at their chest while lying on their back.
- Begins to bring toys or objects to mouth for exploration.
- Batting at toys or objects, such as those hanging from play gym or the mat.
- May start to transfer toys or other objects from hand to hand.

5 months

- Frequently holds objects between their index finger and the palm of their hand.
- Brings bottle to their mouth at feeding.
- Reaches and grasps objects offered to them.

Helping your baby

- Put easy to grasp rattles into your baby's hand and shake with them. This helps them learn how to move and control their arms.
- Provide toys with different textures that make crinkling sounds for new learning and exploration of textures.
- Work on reaching out in front of them while positioned in tummy time.
- Use interesting toys.
- Offer toys within reach to promote use of both hands.
- Work on rolling and reaching side to side while on their back.
- Bring hands and feet to mouth to help learn more about their body.

Helpful toys to use

- Easy to grasp rattles
- Sensory toys with different textures and noises
- Tummy time mirror
- Toys with lights and sounds
- Cups
- Blocks



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.