

Fine motor skills: Ages 6 to 12 months

Skills for babies ages 6 to 12 months

Expect your baby to have these skills at ages 6 to 12 months

6 months

- Reaches for objects with one hand on purpose
- Transfers objects from hand to hand
- Shakes and bangs toys
- Grasps things with palms regularly



Reaching for an object with one hand

7 to 9 months

- Rakes or scoops tiny objects such as cereal into the palm
- Finger feeds variety of foods
- Grasps objects with thumb side of hand
- Uses index finger to poke into small openings



Scooping cereal into palm

10 to 12 months

- Grasps with thumb and fingertips
- Releases objects into a container
- Bangs 2 objects together, begins to clap
- Stacks 2 blocks
- Opens and turns pages in a thick page book (board book)
- Pincer grasp with tip of index finger and thumb



Turning pages in a book

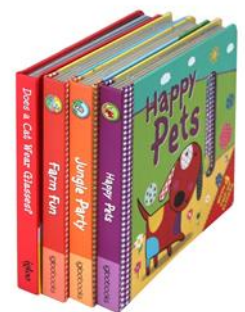
Helping your child

Encourage your baby to play on their tummy. This helps develop the tiny muscles in their hands and overall upper body strength.

- Encourage your baby to reach for a toy with one arm while on their belly or on all fours.
- Show your baby how to use their index finger to poke into small openings in toys.
- Use touching and feeling board books to point at pictures and turn pages.
- Offer your baby small finger foods when your baby is ready. Place baby in a highchair. This will encourage grasping with their index finger and thumb. Offer a baby safe spoon that your baby can start to use and explore during meal times.
- Encourage your baby to release a toy into your hand or drop into a container.
- Use blocks to stack, bang together, and put in container.
- Show how to bang toys together.
- Show how to clap hands with hand over hand help.
- Play games such as "Pat-a-Cake".

Helpful toys to use

- Blocks
- Touchy-feely board books
- Stacking cups
- Large peg activities
- Baby spoon



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.