

## Gross and Fine motor development milestones – 3-4 year olds (Nursery year)

Readiness for school in the child’s ability to feed themselves, toilet themselves, dress themselves, play, learn		
Nursery Year Gross Motor Developmental Milestones	Nursery Year Fine Motor Developmental Milestones months	
What should we expect to see?	What should we expect to see?	What can we do?
<p><b>Gross Motor Milestones</b></p> <ul style="list-style-type: none"> <li>• Sitting cross legged</li> <li>• Peddling a trike – pushing feet along on the floor first, then steering, then peddling.</li> <li>• Early ball skills                             <ul style="list-style-type: none"> <li>– Throwing a ball</li> <li>– Catching a large ball</li> <li>– Kicking a ball</li> </ul> </li> </ul> <p><b>More Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Increased strength, stamina, speed and independence</li> <li>• Combining skills further eg walking and carrying</li> <li>• Standing on one foot and hopping</li> <li>• Alternate stepping on stairs</li> <li>• Climbing with confidence</li> </ul>	<p><b>Fine Motor Milestones</b></p> <ul style="list-style-type: none"> <li>• Holds a pencil in a tripod grasp.</li> <li>• Copies pre-writing shapes and draws a basic person with head, facial features, and limbs.</li> <li>• Improved manipulation skills and fine motor control</li> <li>• Using scissors</li> <li>• Fastening zips and buttons</li> <li>• Developed in their pencil skills and is ready to start trying to write their name in their Nursery year.</li> </ul> <p><b>Skills needed for writing:</b></p> <ul style="list-style-type: none"> <li>• Good posture and core stability</li> <li>• Attention and motivation.</li> <li>• Well-developed hand muscles (developed at a pace that the child is comfortable with)</li> <li>• Balance, movement and tactile skills to support body awareness.</li> <li>• Spatial awareness &amp; other visual perceptual skills</li> <li>• Appropriate handwriting pressure</li> <li>• Appropriate pencil or writing implement grasp.</li> </ul>	<p><b>Activities to support</b></p> <ul style="list-style-type: none"> <li>• Drawing their own pictures</li> <li>• Colouring in</li> <li>• Making marks in sand/ soil etc.</li> <li>• Playing with constructional toys like Duplo</li> <li>• Screwing nuts and bolts together</li> <li>• Folding and tearing paper</li> <li>• Using scissors to cut along lines.</li> <li>• Gluing and sticking</li> <li>• Painting – using fingers or brushes</li> <li>• Using tweezers or sprung pegs to pick small objects up</li> <li>• Threading beads</li> <li>• Modelling and cutting with playdough.</li> <li>• Threading and sewing</li> <li>• Opening packets</li> <li>• Opening containers</li> </ul>

## School readiness milestones – 3-4 year olds (Nursery year)

Feeding Milestones	Dressing Milestones	Toileting Milestones
<p>What kind of things would we expect a child at this age to be doing in readiness for school dinner time?</p> <ul style="list-style-type: none"> <li>• Cutting up food – using a knife &amp; fork</li> <li>• Drinking from an open cup</li> <li>• Pouring accurately</li> <li>• Carrying a lunch tray</li> <li>• Opening packaging / fruit</li> </ul>	<p>At this age, we expect children to have completed most aspects of dressing independently and now begin to explore more complex fine motor tasks such as buttons, clasps and fastenings.</p> <p>The key to this development is:</p> <p style="text-align: center;"><b><i>Practice, practice, practice!</i></b></p> <p>The more we allow children to practice by themselves, the better they will become.</p>	<p>What would you expect from a child at this age in relation to INDEPENDENT toileting?</p> <ul style="list-style-type: none"> <li>• Climb on toilet independently without support.</li> <li>• Adjust clothing and open clasps/ fastenings, ready to use the toilet.</li> <li>• Able to wipe themselves after toileting.</li> <li>• Wash hands independently including using the soap dispenser and drying hands after</li> </ul>
Activities to Promote Feeding Independence	Activities to Promote Dressing Independence	Activities to Promote Toileting Independence
<ul style="list-style-type: none"> <li>• Practice using cutlery – knives and forks; with playdough</li> <li>• Drinking from an open cup</li> <li>• Pouring e.g. milk onto cereals, between beakers in the bath</li> <li>• Opening packets / lunchbox / bottles</li> <li>• Pushing a straw into drinks cartons</li> <li>• Carrying drinks, plates and trays</li> <li>• Clearing pots</li> <li>• Joining in with baking activities, playing in mud kitchens, sand and water play</li> </ul>	<ul style="list-style-type: none"> <li>• Play dress up.</li> <li>• Practice using different fastenings and taking items over own head and pulling up trousers.</li> <li>• Pull scrunchies or small hoops on and off limbs.</li> <li>• Brushing hair and putting in hairbands or bobbles</li> </ul>	<ul style="list-style-type: none"> <li>• Practice retrieving scarves from the back of waist bands to improve wiping skills.</li> <li>• Practice wiping surfaces to support the child's grip.</li> <li>• Dressing and undressing themselves.</li> </ul>