

Gross and Fine motor development milestones – 18-36 months

Gross Motor Developmental Milestones 18-36 months		Fine Motor Developmental Milestones 18-36 months		
What should we expect to see?	Which leads to:	What should we expect to see?	Which leads to:	What can we do?
<p>Gross Motor Milestones</p> <p>Beyond Walking</p> <ul style="list-style-type: none"> • Walking upstairs • Jumping • Stopping & Manoeuvring 	<ul style="list-style-type: none"> • Visual spatial awareness • Hand-eye and foot-eye co-ordination • Good body awareness and body image • Safety awareness • Balance • Self confidence • Social skills • Concentration • Organisation • Good fine motor development • Eye contact and eye tracking • Independent self-care skills e.g. feeding , drinking , dressing 	<p>Fine Motor Milestones</p> <ul style="list-style-type: none"> • Able to pick up tiny objects accurately and quickly place them down neatly • Mostly developed a hand preference • Able to hold a pencil using thumb and first two fingers • Copies horizontal lines and circles with pencil • Feeds self with a spoon • Drinks from an open cup 	<p>Readiness for school in the child's ability to:</p> <ul style="list-style-type: none"> • Feed themselves. • Toilet themselves • Dress themselves • Play • Learn 	<ul style="list-style-type: none"> • Turning pages in a book • Threading and drawing activities • Making marks; copying horizontal lines and circles with a pencil • Feeding themselves with a spoon • Drinks from an open cup
What skills do we need for feeding?	What skills do we need for dressing?		What skills do we need for toileting?	
<ul style="list-style-type: none"> • Bilateral co-ordination • Grasp strength • Hand-eye co-ordination • Trunk stability • Body awareness • Interest in food • Proprioception • Attention/ focus • Willingness to try new things 	<ul style="list-style-type: none"> • Trunk stability • Coordination • Head control • Body awareness • Grip strength • Motivation • Tolerance to clothing textures <p>Dressing is a complex skill which we build on over time and relies on lots of things. Children should be becoming more independent, but will still require assistance at this stage</p>		<ul style="list-style-type: none"> • Bladder and bowel control and awareness • Balance and co-ordination • Being able to use both hands together • Be able to sort out their clothing – pulling clothing down and up • Understand wiping • Wash their hands 	

