

## Gross and Fine motor development milestones – 9-18 months

Gross Motor Developmental Milestones 9-18 months		
What should we expect to see?	Which leads to:	What can we do?
<p><b>Gross Motor Milestones</b></p> <ul style="list-style-type: none"> <li>• Standing</li> <li>• Cruising</li> <li>• Walking</li> <li>• Running</li> <li>• Attempts stairs</li> </ul> <p><b>Standing</b></p> <p>The child begins by:</p> <ul style="list-style-type: none"> <li>• pulling to standing, holding on to furniture for support then;</li> <li>• standing using a static position at a surface;</li> <li>• this progresses onto free standing, then;</li> <li>• standing up from the floor without pulling up on a surface.</li> </ul> <p><b>Cruising and Walking</b></p> <p>This is when baby refines the skills already mentioned.</p> <p>Walking is often seen as the final goal – however play on the floor is just as important, <b>including crawling!</b></p>	<p><b>All of these gross motor milestones involve the following skills:</b></p> <ul style="list-style-type: none"> <li>• Sensory systems</li> <li>• Strength and range of movement</li> <li>• Trunk and pelvic stability</li> <li>• Upper &amp; lower limb movements</li> <li>• Head control</li> <li>• Confidence</li> <li>• Motivation!</li> </ul> <p>Which leads to</p> <ul style="list-style-type: none"> <li>• Co-ordination, including hand-eye / foot-eye coordination</li> <li>• Strength and flexibility</li> <li>• Safety awareness</li> <li>• Balance and body awareness</li> <li>• Visual spatial awareness</li> <li>• Self confidence</li> <li>• Independence skills</li> <li>• Social skills</li> <li>• And so much more!</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage by providing different height surfaces to pull up to and cruise along</li> <li>• Allow children to have bare feet (not slippery socks!!)</li> <li>• Offer lots of practice and variation of movement (the child tries, fails, adapts how they do it and tries again).</li> <li>• Climbing over, under and planning how to get around obstacles</li> <li>• Pushing and pulling large toys or boxes along floor</li> <li>• Joining in with action songs, such as ‘row, row, row the boat’ and ‘incy wincy spider’.</li> </ul> <p>Try to avoid:</p> <ul style="list-style-type: none"> <li>• Baby bouncers</li> <li>• Bummo seats</li> <li>• Jumparoos</li> <li>• Baby walkers</li> <li>• Car seats (unless you are in the car)</li> </ul> <p><b>NB Over use of the above equipment could lead to a delay in development.</b></p>

## Gross and Fine motor development milestones – 9-18 months

Fine Motor Developmental Milestones 9-18 months		
What should we expect to see?	Which leads to:	What can we do?
<p><b>Fine Motor Milestones</b></p> <ul style="list-style-type: none"> <li>• Develop a precise pincer grasp</li> <li>• Able to manipulate small items in their hands</li> <li>• Grasps crayons with whole hand</li> <li>• Move their fingers individually (finger isolation)</li> <li>• Emerging preference for hand to use for activities</li> </ul> <p><b>Finger isolation</b></p> <ul style="list-style-type: none"> <li>• Pointing at people, toys, pictures in books</li> <li>• Pressing buttons or poking fingers into holes</li> </ul> <p><b>Pincer grip</b> Getting the thumb and index finger together to pick up all the tiny bits off the carpet!</p> <p><b>Intentional release:</b> Dropping an object when asked or when they choose to</p> <p><b>Clapping:</b> extending to get both hands together with 'flat hands' is a challenge.</p> <p><b>Immature tripod grip</b> The start of a pencil grip; a firm grasp to control what's happening; or to stabilise an item with one hand so you can 'do' something to it with the other.</p>	<ul style="list-style-type: none"> <li>• More refined fine motor control for using tools such as pencils and scissors, toothbrushes or spoons</li> <li>• Hand eye co-ordination for puzzles, dressing</li> <li>• Grasp strength</li> <li>• In hand manipulation for hand writing</li> <li>• The ability to fasten zips and buttons</li> <li>• To manipulate cutlery to feed independently</li> <li>• To fasten / unfasten, or open /close</li> <li>• To play!</li> </ul>	<ul style="list-style-type: none"> <li>• Messy play; exploring different textures and shapes with hands (wet, dry, sticky and slimy!)</li> <li>• Filling and emptying tubs and containers</li> <li>• Using tools</li> <li>• Making marks</li> <li>• Using shape sorters</li> <li>• Dressing up</li> <li>• Joining in with action songs</li> <li>• Balancing items on top of each other to make a small tower</li> </ul>