

## **Month 6: Developing Functional Hand Skills Introduction**

### **Objectives of this month:**

1. Caregivers will learn the progression of the development of functional hand skills
2. Caregivers will learn the progression of pencil grasps
3. Caregivers will learn fun and easy ways of incorporating age-appropriate fundamental hand skills into their environments.
4. Children will use their hands in a purposeful manner in order to complete meaningful activities.

### **Importance of Developing Functional Hand Skills**

- Children develop their ability to use their hands functionally in response to the environmental and cultural needs they are exposed to; the earlier we expose children to those functional activities, the more opportunities they have to learn and develop their hand skills.
- When children enter school, the majority of the curriculum activities are based on their ability to functionally use their hands (i.e. printing). If children do not have those base skills, it will be more difficult for them to be successful. By exposing children to functional hand skills and developing those abilities at a developmentally appropriate age, children are more likely to be successful and willing to learn.

#### References

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## Developmental Expectations for Functional Hand Skills

<b>0-2 months:</b>	When a finger is placed in baby's palm, baby closes fingers in a tight grasp Baby grasps rattle and holds it for 3-5 seconds
<b>3-5 months:</b>	Baby picks up a rattle and moves it While on her tummy, baby grasps string and pulls it to obtain toy Baby grasps a pen/marker/crayon with a palmer grasp Baby grasps & holds a block, when supported in a seated position
<b>6-8 months:</b>	Baby moves rattle through space Baby grasps block with thumb and 1 <sup>st</sup> & 2 <sup>nd</sup> fingers Baby bangs a cup on the table and will poke fingers in holes Baby grasps cheerio using a raking motion securing more than one, however progresses to grasping cheerio with thumb against side of curled index finger Baby holds a pen/marker/crayons with a radial digital grasp Baby crumples paper with 1 or 2 hands
<b>9-11 months:</b>	Baby claps hands together 3 times Baby removes both socks Baby grasps cheerio with pincer grasp* Baby places 3-7 blocks into a cup Baby brings blocks together at midline to bang them together
<b>12-14 months:</b>	Baby begins to scribble on paper using a marker Baby opens a cardboard book Baby stirs a spoon in a cup
<b>15-18 months:</b>	Child grasps marker with thumb and 1 <sup>st</sup> finger toward paper, and remaining fingers are around the marker Child releases a Cheerio in to a small container
<b>19-24 months:</b>	Child turns pages in a book one at a time Child stacks 4-6 blocks Child snips paper Child makes circular scribbles Child imitates* a vertical line Child removed shoes with laces untied Childs drink from a cup using 2 hands
<b>25-30 months:</b>	Child imitates* a horizontal line Child fold paper in half Child unzips and zips up a zipper once clasped Child drinks from a cup using 1 hand

<b>31-36 months:</b>	Child copies* a circle Child uses a digital pronate grasp with crayons Child brushes teeth in imitation
<b>37-42 months:</b>	Child unbuttons at least 3 buttons Child copies* cross Using scissors, child cuts paper in 2 pieces Child uses a static tripod grasp Child stabilizes the paper when cutting and colouring with his helper hand Child brushes teeth with verbal cues Child washes face and hands
<b>43-48 months:</b>	Child buttons & unbuttons 1 button Child cuts along a line
<b>49-54 months:</b>	Child draws a square Child cuts out a circle and square Child begins to print uppercase letters
<b>55-60 months:</b>	Child colours between vertical lines Child begins to print lowercase letters (if uppercase letters are mastered) Child cuts complex shapes within 1/8" of all lines

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