

Occupational Therapy Tip Sheet

Fine Motor & Self-Care Checklist 3-4 Years Old



Fine/Visual Motor:

- Begins to use one hand more than the other (hand preference)
- Strings beads
- Plays with clay, finger paints, Duplo/Lego, etc.
- Holds crayon in fingertip grasp (Figure 1)
- Cuts along a wide line with some accuracy (Figure 2)
- Holds paper with non-drawing hand (Figure 3)
- **É** Twists open glue sticks
- Attempts to colour within lines
- Matches colours and shapes and assembles simple puzzles
- Stacks up to ten blocks and is beginning to imitate simple block structures

Figure 2

- Draws 2-part person (Figure 5)



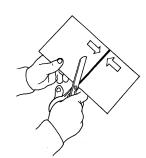


Figure 1



Figure 3



Figure 5

For more information visit: http://dcd.canchild.ca/en/EducationalMaterials/resources/dcd_motor_development_2013.pdf

Figure 4





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Self-Care:

Toileting

- Washes and dries hands
- **É** Uses toilet with minimal assistance

Eating

- **É** Uses a spoon with little spilling
- Holds a glass in one hand
- Manages zippers on backpacks and lunch bags to set-up and clean up lunch
- Attempts to open containers and packages (may need assistance)

Dressing

- Undresses if wearing clothing without fasteners
- Puts on socks (difficulty with turning the heel)
- Puts on shoes without fasteners (may be on wrong feet)
- Zips and unzips jacket (may be unable to start/fully undo zipper) (Figure 6)
- Buttons and unbuttons large buttons
- Puts on a t-shirt
- Puts on a coat
- Puts on pants (may be unable to fasten tight buttons or snaps) (Figure 7)
- Unties shoes



Figure 6



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