



## Fine Motor and Self-Care Milestones for Individuals with Down Syndrome

Motor milestone	Typical peers†	Peers with DS Early (10–30%)	Peers with DS Representative (75–95%)
<b>Fine motor</b>			
Raking grasp	6–7 months	5–8 months	9–12 months
Transfers	5–7 months	7–8 months	12–18 months
Pincer grasp	10–12 months	13–16 months	22–66 months
Intentional drop/release	13–15 months	11–14 months	22–36 months
String beads	28–36 months	43–59 months	72–144 months
<b>Handwriting</b>			
Hold crayon and scribble	12–16 months	9–12 months	22–36 months
Traces pre-writing shapes	22–36 months	31–45 months	60–120 months
Traces letters in name	36–48 months	40–66 months	108–144 months
Copies a sequence of letters	48–50 months	52–72 months	120–144 months
Writes name	60–72 months	67–96 months	120–216 months
Copies numbers	60–72 months	58–96 months	168–216 months
<b>Scissor Use</b>			
Snip paper	23–29 months	37–57 months	60–96 months
Cut 4" straight line	30–35 month	61–66 months	84–144 months
Cut 8" straight line	36–41 months	61–78 months	120–216 months
Cut 11" straight line	42–48 months	61–96 months	120–216 months
Cut curved line	48–57 months	79–90 months	180–216 months
<b>Self-feeding</b>			
Hold bottle	6–8 months	5–8 months	16–27 months
Self-feed with fingers	8–12 months	9–10 months	20–22 months
Feed with spoon	15–20 months	28–33 months	42–72 months
Drink from straw cup	20–24 months	13–27 months	36–60 months
Drink from open cup	22–36 months	28–42 months	66–90 months
Feed with fork	36–48 months	28–57 months	66–90 months
<b>Clothing management</b>			
Toilet trained	33–48 months	39–66 months	90–168 months
Dress/Undress no fasteners	36–48 months	49–66 months	168–192 months
Independent zipper	48–60 months	79–96 months	216 months
Independent button on pants	42–52 months	109–168 months	216 months
Independent button on shirt	48–54 months	169–192 months	216 months
Tie shoes	60–72 months	121–192 months	216 months

† Developmental milestone age estimates for typical peers extracted from Calder (2007), Gerber et al. (2010) and Glascoe & Robertshaw (2007).

Frank, K. & Esbensen, A.J. (2015). Fine motor and self-care milestones for individuals with Down syndrome using a Retrospective Chart Review. *Journal of Intellectual Disability Research*, 59, pp 719–729.