



These activities are typical of a child who is 1 year of age.

- ✓ **Fine Motor Skills**
- ✓ Grasps small object with 3 fingers, wrist elevated
- ✓ Grasps Cheerio with tip of index and thumb
- ✓ Drops Cheerios into a cup
- ✓ Points with index finger
- ✓ Brings two blocks together
- ✓ Uses one hand to stabilize container, one hand to play
- ✓ Holds crayon in a fist
- ✓ Imitates scribbling

- ✓ **Dressing Skills**
- ✓ Takes hat on and off
- ✓ Pushes arm into sleeve, and leg into pants
- ✓ Removes socks

- ✓ **Feeding Skills**
- ✓ Bites through soft cookie
- ✓ Holds cup independently
- ✓ Drinks with some spillage
- ✓ Begins to bring filled spoon to mouth



WATCH FOR THESE WARNING SIGNS

- Favours one hand/arm
- Play is limited to chewing and mouthing
- Does not use thumb to grasp small objects
- Chokes when eating or drinking

If you have concerns about your child, an occupational therapist (OT) can assess his/her development in these areas. The OT will provide suggestions and/ or treatment to promote your child's development of these skills.