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## **Social Emotional and Fine Motor Milestones**

### **0-12 Months**

#### **0-6 Months**

##### **Social Emotional/ Sensory-Regulatory**

- Cries for different reasons (e.g., hungry, attention-seeking, tired)
- Self-soothes (e.g., sucking)
- Smiles meaningfully
- Looks purposefully at people and objects
- Recognizes bottle visually and places both hands on bottle
- Amused by social games/interactions (e.g., tickling, peek-a-boo)
- Forms behavioral patterns and preferences (e.g., expects to be fed when held in feeding position)

##### **Fine Motor**

- Follows object with eyes without moving hands
- Brings hands to middle of body when lying on back
- Grasps toys actively
- Reaches for object with both arms
- Uses hand to rake small objects
- Brings hands to mouth, at times with objects in hand
- Drops objects on accident
- Reaches for object with one arm
- Transfers object from one hand to another

#### **6-12 Months**

##### **Social Emotional/ Sensory-Regulatory**

- Recognizes and responds to own name
- Holds own bottle
- Shows anxiety when separated from parent
- Shows fear of strangers
- Expresses affection to familiar people
- Participates actively in social games
- Looks at books or toys with adults
- Attempts to hold spoon and guide it to mouth
- Cooperates in dressing by extending arms and legs
- Anticipates daily routines
- Entertains self for short periods of time

##### **Fine Motor**

- Uses index finger and thumb to pick up small objects
- Finger-feeds self for part of meal
- Bangs two blocks together
- Releases objects into adult's hand upon "give me"
- Pokes with index finger
- Takes objects out of container
- Puts objects into container
- Tries to imitate scribbling

#### **Red Flags**

- Is unable to self-soothe
- Does not respond to name
- Does not clap hands
- Hands frequently clenched in a fist
- Does not smile
- Does not sit independently

*\*\*If your child does not meet most of these milestones by 12 months, consider scheduling an occupational therapy evaluation.*