

Occupational Therapy Tip  
Sheet  
**Fine Motor and 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**)
- 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
- Draws a O , I , - and + when shown (**Figure 4**)
- Draws 2-part person (**Figure 5**)

Figure 1



Figure 2

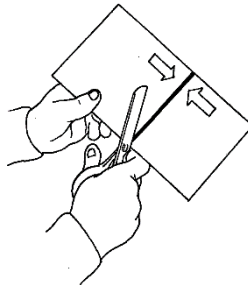


Figure 3



Figure 4

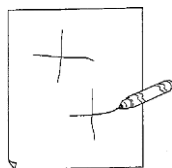
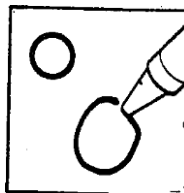


Figure 5



**For more information visit:**

[http://dcd.canchild.ca/en/EducationalMaterials/resources/dcd\\_motor\\_development\\_2013.pdf](http://dcd.canchild.ca/en/EducationalMaterials/resources/dcd_motor_development_2013.pdf)

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## **Self-Care:**

### *Toileting*

- Washes and dries hands
- Uses toilet with minimal assistance

### *Eating*

- 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



Figure 7



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