

### Typical Development of Hand Function over the First Year

Age (months)	Posture	Reaching and Grasping	Fine Motor skill
4-5	Trunk and head lifted off surface	Leans on forearms and hands for support. Swipes at objects while lying on back.	Grasp reflex reduced. Hands begin to open. Begins to shape hand to an object's size and shape.
6-7	Stable trunk with independent arm and leg movements	Hands and arms used to prop and assist postural stability	Visual regard and tracking for early eye-hand control (spatial-temporal accuracy). Palmar grasp with thumb out of palm. Raking action of fingers.
7-9	Independent sitting, weight shift and emergent trunk rotation	Reaches with one arm while bearing most of body weight through the other extended arm and wrist. Both hands hold objects. Forearm rotation for control of release	Transfers objects from one hand to another. Holds objects with thumb opposed to object/fingers (radial palmar) and wrist extended.
9-12	Shoulder stability and head control	More precise control of grasp and release	Objects held between thumb and fingertips (radial digital grasp) Places shapes into smaller containers. Prewriting skills.

Hand function and fine motor activities. Dido Green. Chapter 19, in *Finnie's Handling the Young Child with Cerebral Palsy at Home* (2009) Edition IV, Elsevier Ltd; pg 244.