

# **Autism Learn & Play Inc.**

## **Parent Checklist: Fine & Gross Motor Skills in Autism**

This checklist helps parents observe fine and gross motor skills and know when additional support may be helpful.

### **Fine Motor Skills Checklist**

- Uses crayons, markers, or pencils
- Uses utensils during meals
- Buttons, zips, or snaps clothing
- Builds with blocks or Legos
- Cuts with scissors

### **Gross Motor Skills Checklist**

- Runs without frequent falling
- Jumps with both feet
- Climbs playground equipment
- Throws and catches a ball
- Maintains balance while walking

*If your child struggles with multiple areas, an occupational therapist can help create a personalized plan.*