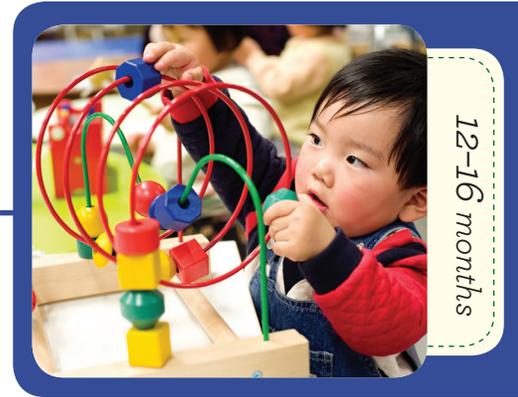


Fine Motor

Activities to Help Your Baby Grow and Learn



Baby is using fingers with more skill now. He will point with his index finger and can pick up tiny bits of cereal with his thumb and finger. He can hold and mark with a crayon or washable marker and grasp small objects, such as small blocks or other small toys.

Budding Artist

Let baby draw a picture for you with a crayon and a large piece of paper. Give baby plenty of room. She may only make a few marks, but give a lot of praise: "Look at the picture you made!" Be sure to put the crayon away when you are finished. Your baby doesn't yet know that you only want marks on the paper.

Ball Toss

Encourage your baby to practice throwing a small, soft ball. A rolled up pair of socks works just fine. Have him stand in one spot and throw the ball. Try again and see how far it goes. At first, he may need you to show him how to throw the ball. Say, "Wow, look how far it went!"

Carton Construction

Save different sizes of paper cereal boxes or juice boxes to use for blocks. Show baby how to stack them, then knock them down. Line them up to make a wall and then knock them down again: "What fun to knock them all down!"

Tacky Tape

Make a small wad of masking tape with the sticky side out. Give this to baby to play with. It is very entertaining and will give baby some good finger exercise.

Squeezing

Give baby a sponge, washcloth, or sponge ball to play with in the bath. Show baby how to squeeze the water out. You might also let baby play with plastic squirt toys. That's really fun!

Fill and Dump

Give baby a container or box and a few items such as clothespins, spoons, and small cars. Make sure the items are big enough that they can't be swallowed. Show baby how to put them all in the container, then dump them out again. The next day, change the container or the objects. Make this activity a bit more challenging by choosing a container with a smaller opening.

Library Time

Find a time every 2 weeks or so to go to a library or bookstore. Pick out new books with your child. Cuddle every day and read together. Read the story, talk about pictures, and let her take turns pointing to pictures and turning pages. What a special time together!

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety. Always watch baby during bath time.