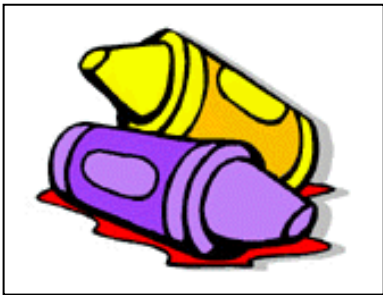


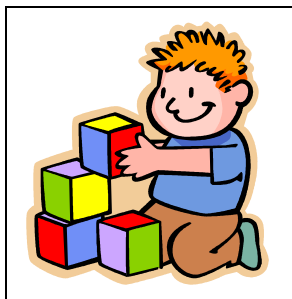
Fine Motor Fun for 1-2 Year Olds

Fine motor skills are the grasping and manipulating of objects your child does, in coordination with their eyes. There are many ways to help develop these skills that are fun and inexpensive.



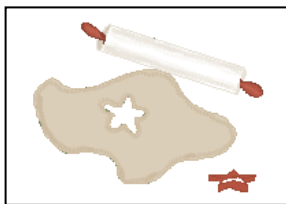
- ❖ **Scribbling:** Create art with crayons. Random scribbles come first, and then circular scribbles will emerge! Try flat and vertical surfaces. For a good sensory experience, use sticks to draw in sand on warm days or in the snow during the winter.

- ❖ **Puzzles:** Your child will begin to complete 2-3 piece puzzles with guidance. If your child has a favorite picture, paste it onto heavy cardboard, and then cut it into a few simple pieces. Puzzles are a great way to help your child develop coordination of visual and motor skills.



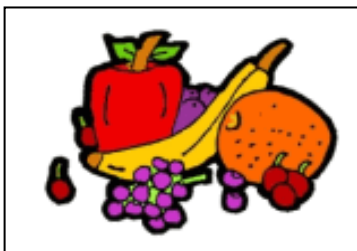
- ❖ **Stacking Good Time:** Kids love to stack. Help your child learn to stack blocks, empty thread spools, raisin boxes, sponges, or small containers. To challenge your child's fine motor movements, stack items that are small enough to fit in your child's hands. This is great for hand-eye coordination, as well as grasp and release movements.

- ❖ **Page Turner:** If your child loves story time, make it as interactive as possible, while refining your child's hand movements. Help your child learn to open a book, turn a few pages, and then turn only one page at a time.



- ❖ **Silly Putty:** Play dough or silly putty is a great way to increase your child's hand and finger strength. It is also a great way to introduce a new sensory experience. Help your child pinch, squeeze, poke, and roll the dough. Easy recipes for play dough can be found on the internet.

- ❖ **Double Trouble:** At this age, your child is beginning to use both hands to play. Let your child carry empty plastic bowls, or two large apples or oranges so they use two hands at once. This helps increase bilateral hand use and strength.

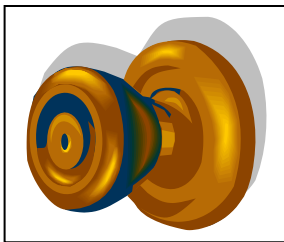
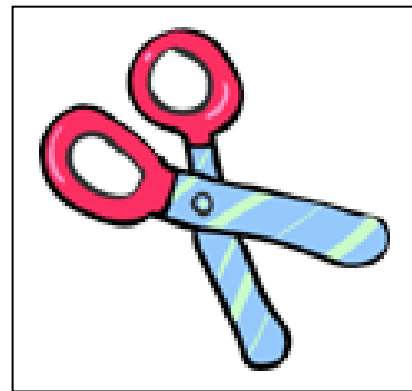


- ❖ **Snack Time:** No doubt your child loves to pick up small objects. They might use their whole hand at first, and then will learn to use their thumb and fingers to pick up objects. Give your child cheerios, raisins, or marshmallows to help learn to use a pinch-like grasp. Make sure to supervise your child, to avoid choking.

Fine Motor Fun for 2-3 Year Olds

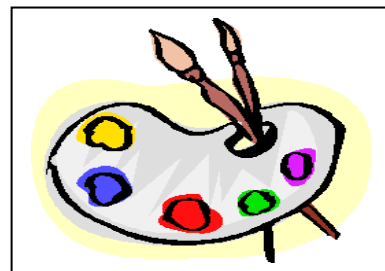
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❖ *Getting Ready for Scissors:* Practice with spray bottles, clothes pins, salad tongs, and tweezers to develop the 'open-shut' hand movements needed for scissors. For a good sensory experience, help your child use the tongs to pick up objects out of sand, snow, water, rice, etc.



❖ *Open Sesame:* Encourage your child to begin opening bottles and doorknobs, or to play with toys that require twisting. Put goodies or toys in a jar, and let your child undo the lids to get to the prize. These types of activities help develop wrist rotation.

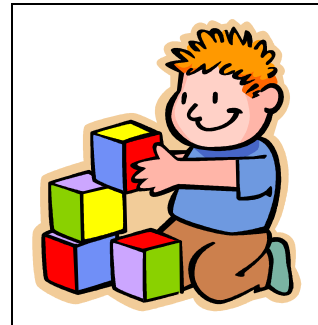
❖ *Little Painter:* At this age, your child can imitate and create lines and circles. Tape paper to a vertical surface to create proper grasp and hand movements. For a good sensory experience, use hands and fingers in finger paint, pudding, or play dough. This will help your child learn the motor patterns used for drawing and writing.





- ❖ **Puzzles:** Your child can be completing 4- 5 piece puzzles. If your child has a favorite picture, paste it onto heavy cardboard, and then cut it into simple shapes. Puzzles are a great way to help your child develop coordination of visual and motor skills.

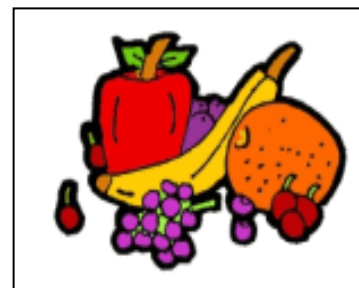
- ❖ **Sky Scrapers:** Your child may now be able to stack as many as 5 or 6 objects. You may also begin teaching your child how to line up object horizontally or in a row, to make a train or truck they can push around. Use blocks, raisin boxes, sponges or small containers.



- ❖ **Kitchen Helper:** Your child may love to imitate your actions. When you are busy making dinner or baking, let your child pretend they are working too. Give them simple tools to play with, and that will increase their hand dexterity and strength at the same time. For example, let your child stir water in a bowl with a spatula, use a garlic press with play dough, wipe the tables with a washcloth, play and make drawings in salt on a cookie tray, or scrub vegetables with a cloth or brush. These activities will strength fine motor abilities, and give your child new sensory experiences.



- ❖ **Snack Time:** At this age, your child should be using his or her thumb and fingers to pick up foods. Give your child cheerios, raisins, or marshmallows to help learn these skills. Make sure to supervise your child to avoid choking. For other foods, encourage the use of a spoon and fork to increase coordination and control of the hands.



Fine Motor Activities for 3-5 Year Olds

Fine motor skills are the grasping and manipulating of objects your child does, in coordination with their eyes. There are many ways to help develop these skills that are fun and inexpensive.

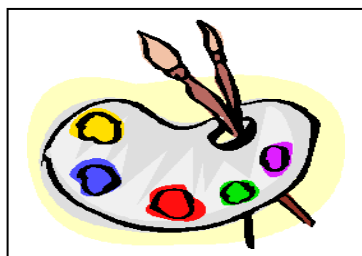


❖ Scissors: At this age, kids are beginning to learn and gain confidence in cutting. Have your child snip play dough 'snakes', straws, or strips of paper. Then move onto different shapes. Straight lines are easier than curves or corners at first. Give your child lots of practice cutting magazines, newspapers, and old mail.

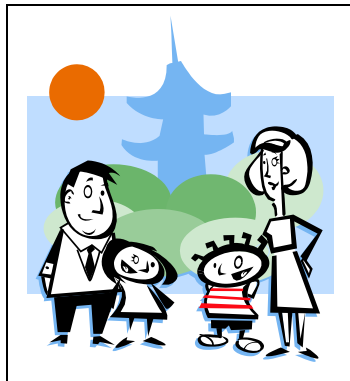
❖ Dress-Up: Help your child dress up a teddy bear with old clothes, hats, jackets, etc. Encourage your child to practice doing up zippers and buttons. They can also help with zippers and buttons on their own clothes. This is great for coordination and finger movements.



❖ Little Artist: At this age, your child may begin to color within the lines of simple shapes, and even start to copy shapes and letters. Children take pride in their artwork, so after they have finished, help them to trace or copy the letters of the name on their masterpiece. This helps to set the stage for printing and controlled hand movements. Remember, you do not always have to use paper. Excite your child's senses by writing in pudding, finger paint, cornmeal, or play dough.

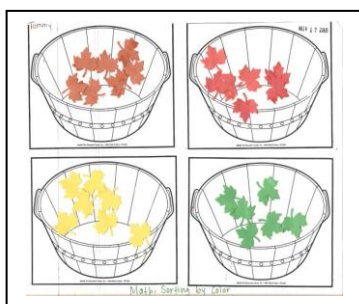
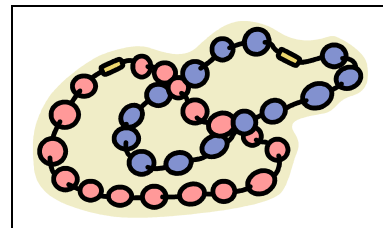


❖ **Puzzle Mania:** If your child loves puzzles, challenge them with 5-10 piece puzzles. If your child has a favorite picture, paste it onto heavy cardboard, and then cut it into simple shapes. Puzzles are a great way to help your child develop coordination of visual and motor skills.



❖ **Family Portrait:** At this age, children are beginning to draw people, and understand that we are made up of different body parts. Encourage your child to draw family and friends with at least 5 body parts such as a head, arms, legs, feet, body, etc. Make silly people, taking turns with your child drawing different body parts. In the bath or when getting dressed, help your child label their own body parts, expanding their vocabulary!

❖ **Beautiful Necklace:** Cut some circles or flowers out of colored paper, and punch a hole in the middle. Then, cut a large plastic straw into pieces. Let your child string a shoelace with alternating straws and flowers, and even add pasta or cereal for color and shape. This activity is great for hand-eye coordination, in-hand manipulation, and grasping.



❖ **Match n' Sort:** Give your child different pasta, colored cereal, utensils, etc. Allow your child to sort the colors or shapes into different containers, using their fingers, tongs or tweezers. Once your child learns to sort by obvious characteristics, try sorting into more difficult categories such as vehicles, people, foods, and so on. You can also use different textures of objects to sort. Let your child close their eyes and see what textures go together!