

Fine Motor

Activities to Help Your Baby Grow and Learn

Your new baby's hands are usually closed in little fists. If you place your finger in her little hand, you will be surprised at the strength of her grip. If you place a small toy in her hand, that grip will help her hold on to it, although it may be only for a very short time. As she grows, her hands will begin to relax. She will find textures and surfaces interesting, so she may move her fingers against cloth or your face or may grasp your hair, even though she has no knowledge that it is attached to you!



0-2 months

Tiny Tugging

While your baby is relaxed and rested, place your finger in baby's fist. Feel baby's grip on your finger. Now slowly tug baby's hand just a bit. If she holds on, relax and tug once more. Tell baby how strong she is. Switch hands and tug again. Make up a little tugging song to sing as you gently tug and relax.

Happy Holder

Give your baby some experience holding different things with different textures. Place different safe items in baby's grip. Let him hold on to a spoon (cool and hard). Later, let baby hold on to the corner of his washcloth (damp and warm). Let him hold on to a toy or a sock. Just letting him hold different things is a way to teach him about the world.

Family Fingers

Let baby play with the members of her family by holding their fingers. Wash hands before playing this game! When Grandma places her finger in baby's hand, she can greet baby and have a little talk: "Hello, beautiful! I'm your grandma, and you are holding on to my finger!" Next, let brother or sister have a turn. Stop when your baby gets tired or starts to fuss.

Happy Hands

After baby's bath, rub some baby oil or lotion on his hands. Gently massage the wrist, palms, and each tiny finger. Tell baby about what you're doing: "I'm rubbing your beautiful little thumb."

Scarf Pull

Place one corner of a smooth scarf or handkerchief in baby's hand. Now pull it through slowly, open it, and let the colors flutter in front of baby's gaze. What a colorful surprise!

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.