

Fine Motor

Activities to Help Your Toddler Grow and Learn

Your toddler is becoming more skilled with hands and fingers. She can play with and use toys in many ways, including stacking, poking, pushing, and pulling. She is also gaining skill at holding and using crayons or washable markers. She knows to take apart pieces of a simple puzzle and may try to put the pieces back together.



Tear It Up

After you each wash your hands, show your child how to tear lettuce or spinach leaves into a bowl. Help her tear small pieces just right to eat. Be sure to tell the family who made the salad. Your child also may like tearing strips of magazines or junk mail.

Aim and Drop

Show your little one how to drop a clothespin, spool, or dry pasta (uncooked) into an empty milk jug or plastic container with a large opening. Play the game as long as your toddler enjoys it. Let him shake the container and enjoy the sound.

Stacking Blocks

Let your little one play with small wooden cubes or blocks. Little plastic containers can be washed out and stacked, too. Show her how to stack one on top of another. Build a tower. Count aloud as you stack the blocks so that she begins to hear the sound of numbers. She'll love knocking down the tower.

String a Snack

Give your toddler a small container of round cereal pieces and a piece of string with tape around the end to make it stiff. Show him how to string the cereal. He can wear his necklace or nibble on it!

Place Mats

Make sure your toddler gets lots of chances to practice writing and drawing. You might keep paper and crayons or washable markers in the kitchen so you can keep an eye on her while getting dinner ready. Use drawings for placemats for the family. She will be so proud!

Help Make a Snack

Let your toddler help make a snack. He can unscrew lids from containers such as applesauce once you get the lid loosened. He can help scoop and/or spread butter with a plastic knife. He can also help eat. Yummy!

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.