

Fine Motor

Activities to Help Your Toddler Grow and Learn

Your busy toddler enjoys activities that build small muscles. He can stack and build with small toys. He is learning how to hold a crayon with his thumb and fingers and how to scribble circles and lines. He is becoming more skilled at stringing beads and doing other activities using two hands.



Stack It Up

Your child will have fun stacking small things and knocking them down. Use blocks, paper or plastic cups, small boxes, or anything stackable. Count how many things your child can stack. See how high she can go!

String Fling

String beads, macaroni, or large cereal. Help your child practice using two hands at one time. A shoelace or string with some tape on the end will work well for stringing. Make a necklace for someone special!

My Family Book

Make a small picture album for your toddler. Include pictures of family members, friends, and pets. Look through the album and talk about each person. Have him turn pages and tell you about the pictures. Have him share his special book with visitors.

Beginning Puzzles

Show your toddler how to put beginning puzzles together. You can make a puzzle by cutting the front of a cereal box into two or three wide strips. Help her aim and place the piece in the right place if she needs help. Praise her for trying: "Good for you! You can do it!"

Letters and Shopping Lists

When you make your shopping list or write a letter, have paper and a pen or crayon for your child to write along with you. Say, "I'm writing a letter to Grandma. You can write one, too." Send the letters in the mail. Grandma may write back!

Make Fruit Salad

Let your child use a Popsicle stick or a plastic picnic knife to help you cut bits of fruit, such as banana or peaches. He can help scoop yogurt, sprinkle in raisins, and stir everything together. Don't forget to tell the family who made the salad.

Snack-Time Helper

Your child will enjoy making her own snack. She can help twist open lids on jars; open containers; spread cream cheese, hummus, butter, jam, or jelly; scoop out applesauce; and more. The more she can do herself (with your support), the faster she will learn and the more skilled she will become.

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 your toddler during mealtimes.