

# Fine Motor

## Activities to Help Your Child Grow and Learn

Your child is learning to hold pens, crayons, and markers with her thumb and two fingers just like adults do. She has learned to make scissors open and close and can make snips in paper when you hold it. She can use her two hands together with small toys, such as interlocking blocks or stringing beads. She can put together puzzles with five or more pieces.



### Yummy Puzzles

Cut off the front part of a cereal box. Now cut this into four or five puzzle pieces. Your child will have fun putting this simple puzzle together. He may need a little help at first.

### Little Writer

Show your child how to make lines and circles or even simple shapes. Circles and straight lines will be easiest for your child to copy. Your child may want to learn to write the first letter of her name. Keep it fun! It is okay if your child's marks don't look much like real letters. Encourage her attempts: "You're a good writer!"

### Tong Time

Give your child a pair of small kitchen tongs, children's chopsticks, or tweezers. See if he can move cotton balls or dry macaroni from one container into another. Then try something heavier such as walnuts, spools, or small stones.

### Junior Mechanic

Collect large bolts, matching nuts, and even washers. Your child will enjoy matching the bolt to the nut and twisting them together.

### Little Flicker

Make little balls of newspaper about the size of marbles and show your child how to "flick" a ball across a tabletop or space on the floor into an open box or at a target. Use thumb and index finger to "flick." See how far your child can flick the paper balls or hit the target. This game can bring lots of laughs!

### Bubbles!

Let your child use washable crayons or markers to draw bubbles on paper. Let him draw as many as he wants and color them in. Show him how to draw big bubbles and little bubbles, purple bubbles and green bubbles. Now that he has drawn so many bubbles, maybe it's time to blow some real bubbles!

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. Make sure your child does not put any objects in her mouth.