

Fine Motor

Activities to Help Your Baby Grow and Learn



Your baby's grasp has relaxed now, and he likes to reach and grab nearby objects. He can hold and bang objects and even hold something in each hand! He may watch you scribble with interest. He's learning how to use his fingers and is getting better at it every day.

Rattles and Toys

Give your baby plenty of opportunities to try out different toys. Things that feel different or toys that make sounds will be very interesting to your baby. Some of the best toys aren't toys at all, such as spoons.

Picky, Picky (6 months or older)

When your baby starts eating solid food, he will enjoy trying to pick up small bits with his thumb and forefinger. Don't worry about the mess. This fun activity strengthens eyes and fingers.

Ice Is Nice

Crush ice into very small pieces that baby can safely eat. Your baby will love to explore the cold ice as it squirms around in a bowl. The crushed ice and cool fingers will feel good on baby's gums and new little teeth!

Drop and Dump

As soon as your baby can sit alone, she can sit on the floor and play some dropping games. Use a plastic container and a small ball, block, or toy. Let your baby drop the ball into the container. You may need to help her at first. Now dump it out. She will want to try it again and again!

Finger Paint

Put a dab of soft, smooth food (e.g., yogurt, soft mashed carrots) on a plate or cookie sheet and let your baby "paint" with her fingers. It's all right if he eats the "paint."

Noodle Pull

Give baby a serving of cool, cooked noodles. Let baby pull apart a few strands. This is a fun way to practice using fingers and to snack at the same time.

Cereal Spill

Put a few pieces of round dry cereal in a plastic bottle. See if your baby can figure out how to tip over the bottle to feed herself the cereal.

Busy Bath Time

Make bath time fun. This is a good time to practice holding and pouring. Add plastic cups and a plastic pitcher to baby's bath. What wet, bubbly fun!

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. Remember—never leave baby alone in water and always watch while baby eats.