

# Fine Motor

## Activities to Help Your Child Grow and Learn

Your child's finger movements are more controlled now. He can put small toys together and build a tower of 8 or more small blocks. He is learning how to draw shapes if you show him how first and may be learning how to write some letters. He can cut out circles and shapes with curved lines using safety scissors. As he gets more control over his hands, he is able to do more by himself.



48-54 months

### Pudding Fun

Make a batch of pudding. Place a few spoonfuls on a cookie sheet or plate. (You may want to cover the table with newspaper first.) Have your child wash her hands and then finger-paint in the pudding. Draw pictures and practice drawing shapes or letters in the pudding. The best part is cleaning up! Yum!

### Little Author

Ask your child to make his own book. Identify a theme and find materials. Attach together a few pieces of paper. Your child can draw pictures or paste magazine photos to illustrate a story. Encourage him to tell you his story: events he remembers, his likes and dislikes, and who his friends are. Help him write his words on each page.

### Signed by the Artist

Have your child paint or draw a picture. When your child finishes, help her write her name. She may need help at first, but then she can try to do it by herself. Encourage her to make marks on the paper, even if they don't look "just right." Your child will learn by doing activities on her own!

### Paper Chains

Cut paper into strips about 1 inch by 5 inches to make paper chains. Show your child how to make a loop by gluing or taping the ends together. Start a chain by inserting the next strip through the first loop. See how long you can make the chain. Use this chain to count down to an important event by removing the links, one day at a time!

### You Have Mail

Let your child open the junk mail. He can exercise his fingers opening the mail, and he may find some little surprises inside. Help your child write and mail letters to family members or to a favorite performer or athlete.

### Water Pictures

On a dry, warm day, give your child a plastic bucket of water, a paintbrush, and an old sponge. On a safe paved driveway, fence, or sidewalk, let her paint pictures with the water on the cement or wood. Watch the pictures disappear as the water evaporates: "What happened?"

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.