

Fine Motor

Activities to Help Your Child Grow and Learn



Your child is able to use her fingers with more control. Her finger movements are coordinated and faster. She may be able to write some or all of the letters of her name. She may begin to prefer using one hand over the other. Your child can cut shapes with scissors and is getting better at buttoning and tying her shoes.

Lacing Cards

Your child can use safety scissors to cut simple pictures from magazines and glue them onto cardboard. Punch several holes around the outside of the cardboard. Tie a shoestring or yarn through one of the holes. Make a firm tip with tape at the other end. Show your child how to sew, in and out, around the edge. He can try to sew two cards together.

Picture Perfect

Help your child make a picture frame for a favorite photo. Cut out two rectangles of stiff paper, a little larger than the picture. On one, cut a rectangle inside that's smaller than the picture border. Let your child decorate the smaller "frame" with stickers, glitter, shells, macaroni, or anything small and interesting. Glue the photo to the large solid rectangle. Place the decorated "frame" over the picture and glue the edges. Beautiful!

Bird Café

Find a medium pinecone or corncob. Let it dry. Have your child use a plastic knife to spread peanut butter on it. Roll it in bird seed, sunflower seeds, or crushed granola. Hang it on a string under a tree or outside a window. Watch the birds discover your wonderful gift to them. Count how many different types of birds come to the Bird Café!

Map It

Make a map of your neighborhood. Go for a walk and point out streets, buildings, parks, or other landmarks. Use paper and markers to make a map. You may need to help your child start her map. Begin by mapping your house or her room. Ask your child, "Where would we put your bed on the map? How about your toy box?"

Cutting Shapes

Draw a pattern or shape, such as a circle or a triangle, with a pencil on a piece of paper. Have your child use child-safe scissors to cut out the pattern. When he can follow the pattern, draw larger or more complex ones. Make fun shapes, such as a teddy bear or a train!

Make a Sculpture

Create a sculpture with your child. Use materials you find in your home and outside—plastic bottles, newspaper, twigs, jar lids, paper plates, Popsicle sticks, boxes, plastic containers, bits of ribbon, and fabric. Give your child masking tape, small wire, duct tape, and some glue for joining materials together. Put materials in a place where your child can "create" for a few days and where this wonderful sculpture can dry.

Fancy Bananas

When seated at a table, give your child a smooth ripe banana and a ballpoint pen. Show your child how to draw a face at one end. Draw some clothes with buttons and a belt. Have fun decorating the banana. Now peel it and eat!

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.