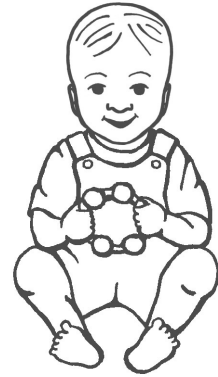




# Fine Motor

## Activities to Help Your Baby Grow and Learn



Baby is using fingers with more skill now. He will point with his index finger and can pick up tiny bits of cereal with his thumb and finger. He can hold and mark with a crayon or felt-tip pen and grasp small objects such as pegs and insert them in a pegboard.

- Budding Artist** Let baby draw a picture for you with a crayon and a large piece of paper. Give baby plenty of room. Baby may only make a few marks, but give a lot of praise: "Look at the picture you made!" Be sure to put the crayon away when you both are finished. Your baby doesn't yet know that you only want marks on the paper.
- Ball Toss** Encourage your child to practice throwing a small, soft ball. Have him stand in one spot and throw the ball. Try again—see how far it goes. At first he may need you to show him how to throw the ball. "Wow, look how far it went!"
- Carton Construction** Rinse and save pint and quart milk cartons to use for blocks. Show baby how to stack them, then knock them down. Line them up to make a wall, and then knock them down again.
- Tacky Tape** Make a small wad of masking tape with the sticky side out. Give this to baby to play with. It is very entertaining and will give baby some good finger exercise.
- Squeezing** Give baby a sponge, washcloth, or sponge ball to play with in the bath. Show baby how to squeeze the water out. You might also let baby play with plastic squirt toys. That's really fun!
- Fill and Dump** Give baby a plastic container or box and a few items such as a clothespin, a spoon, a toy car, and a spool. Make sure the items are big enough that they do not pose a choking hazard. Show baby how to put them all in the container, then dump them all out again. Tomorrow, change the container or the objects.
- Library Time** Find a time every 2 weeks or so to go to the library. Pick out new books with your child. Cuddle up every day and read together. Read the story, talk about pictures, and let her take turns turning pages and pointing to pictures. What a special time together!



12–16 months