



# Fine Motor

Activities to Help Your Toddler Grow and Learn



Your busy toddler enjoys quiet activities that build small muscles. He can stack and build with small toys. He is learning how to hold a crayon with his thumb and fingers and how to make circular and horizontal scribbles. He is becoming more skillful at stringing beads and doing other activities that require working with two hands.

- Stack it Up** Your child will have fun stacking small things and knocking them down. Use blocks, film containers, spools of thread, or anything stackable. Count how many things your child can stack. See how high she can go!
- String Fling** String beads, macaroni, or large cereal, and help your child practice using two hands at one time. A shoelace or string with some tape on the end will work well for stringing. Make necklaces and bracelets.
- Family Book** Make a small picture album for your toddler. Include pictures of family members, friends, and pets. Look through the album and talk about each person. Have him turn pages and tell you about the pictures. Have him share his special book with visitors.
- Beginning Puzzles** Show baby how to put beginning puzzles together. You can make a puzzle by cutting the front of a cereal box into two or three wide strips. Help her turn the piece if she needs help. Praise her for trying. Tell her, "Good for you! You can do it!"
- Letters and Shopping Lists** When you make out your shopping list or write letters, have paper and a pen or crayon for your child to write along with you. "I'm writing a letter to Grandma. You can write one, too." Send the letters in the mail. Grandma may write back!
- Make Fruit Salad** Let your child use a Popsicle stick or a plastic picnic knife to help you cut bits of fruit such as banana or peaches. He can help scoop yogurt, sprinkle in nuts or raisins, and stir everything together. Don't forget to tell the family who made the salad.
- PB and J** Your child will enjoy making her own snack. She can help twist open lids on jars, open containers, spread peanut butter or jelly, scoop out applesauce, and more. The more she can do herself (with your supervision), the faster she will learn and the more skilled she will become.



20–24 months