



Fine Motor

Activities to Help Your Child Grow and Learn



Your child's finger movements are more controlled now. For example, he can place small pegs in holes on a board and build a tower of small blocks (usually 9 or so). He is learning how to draw shapes following a model and may be learning how to write some letters. He can cut out circles and shapes with curved lines using safety scissors. With his controlled hand movements, he is able to do more tasks independently.

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

Book Making Books can be made from any type of paper. Just staple, tape, glue, or sew together a few pieces of paper. Then your child can make up his own book. On the pages, your child can draw pictures or paste in cut-out pictures from magazines to illustrate a story. Encourage him to tell you his story. Help him by writing down his words on each page.

Signed by the Artist Have your child paint with watercolors at home or draw a picture with crayons. When your child finishes a picture, help her write her name. She may need your help at first. Then she can try to do it by herself. Encourage her in making the marks on the paper, even if they don't look just right. Doing activities by herself is how your child will learn.

Paper Chains Paper chains can be made by cutting any type of paper into strips about 1 inch by 5 inches. Show your child how to make a loop by gluing or taping the ends together. Create a chain by inserting the next strip through the first loop and so forth. See how long you can make the chain.

You've Got Mail When the mail comes to your home, 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 Painting On a dry, warm day give your child a plastic bucket of water, one or two paintbrushes, and an old sponge. Find a safe paved driveway, fence, or sidewalk and let him paint large pictures or patterns with the water on the cement or wood. Watch the pictures disappear.



48-54 months