



Fine Motor

Activities to Help Your Child Grow and Learn



Your child is becoming more skilled at buttoning and zipping clothing. He can use a fork and spoon to feed himself. He can spread soft butter on bread. He can hold a pencil or crayon with his thumb and two fingers and likes to draw. When asked, he may be able to draw circles or other simple marks.

Button-Up Bear Let your child dress a large stuffed teddy bear or large doll with real baby clothing. Make sure the baby clothes have a couple of large buttons or snaps to let your child practice small finger work. You might even find some baby shoes with Velcro closures. Tying or buckling shoes is probably too difficult right now.

Beautiful Necklace Cut some circles or flowers out of colored paper, and punch a hole in the center. Then, cut a large plastic soda straw into pieces. Let your child string a shoelace with alternating flowers and straw pieces. She probably will not always alternate pieces, but that doesn't matter. Tie the ends, and she will have her own beautiful necklace!

Picking Peas Buy a few fresh peapods at the market. Show your child how to find the peas inside the shell. Give him a few in a plastic container to shell for himself. When he is finished, rinse off the peas and eat them. Yum!

Sidewalk Artist Let your child draw pictures on the sidewalk or driveway with colored outdoor chalk. If you don't have chalk, give your child a small paintbrush and let her paint a picture with water. The painting will be fun, and so will the magic of evaporation. "Where did your picture go?"

List Maker Keep a small pad of paper and a few pencils close at hand. Before going shopping, ask your child to help you make a shopping list. Let him write his own version of words and see if he can remember what they mean. He can also write a note to his Mom or a pet.

Little Snipper Let your child practice cutting with safety scissors. Show her how to open and close the scissors while you hold the paper. Later, show her how to hold the scissors with one hand and the paper in the other. At first, just snipping the edge is great progress. If she snips off a few pieces, save them in an envelope. Later you can paste the pieces on a sheet of paper for a special art creation!



36-42 months