



# Fine Motor

## Activities to Help Your Baby Grow and Learn



Your baby's grasp has relaxed now, and he likes to reach and grab nearby objects. He can hold and bang objects and even hold something in each hand! He may watch you scribble with interest. He's learning how to use his fingers and is getting better at it every day.

**Rattles and Toys** Give your baby plenty of opportunities to try out different rattles and toys. Things that feel different or toys that make sounds will be very interesting to your baby. Some of the best toys aren't toys at all, such as spoons.

**Picky, Picky** (6 months or older) When your baby starts eating solid food, he will enjoy trying to pick up small bits with his thumb and forefinger. Don't worry about the mess. This fun activity strengthens eyes and fingers.

**Mello Jell-O** Make small Jell-O cubes. Your baby will love to catch the Jell-O as it squirms around on her plate.

**Drop and Dump** As soon as your baby can sit alone, he can sit on the floor and play some dropping games. Use a plastic container and a small ball, block, or toy. Let your baby drop the ball into the container. You may need to help him at first. Now dump it out. He will want to try it again and again!

**Finger-Paint** Put a dab of soft, smooth food (e.g., yogurt; soft, mashed carrots) on a plate or cookie sheet and let your baby "paint" with her fingers. It's all right if she eats the "paint."

**Noodle Pull** Give baby a little serving of cool, cooked noodles. Let baby pull apart a few strands. This is a fun way to practice using fingers and to snack at the same time. (Always stay attentive while baby eats.)

**Cheerios Spill** Put some Cheerios in a plastic bottle. See if your baby can figure out how to tip over the bottle to feed himself the Cheerios.

**Tub Time** Make bath time fun. This is a good time to practice holding, pouring, and squeezing. Add plastic cups, pitchers, sponges, and scoops to baby's bath. What wet, bubbly fun!



4-8 months