



Fine Motor

Activities to Help Your Child Grow and Learn



Your child has stronger finger muscles and is more skilled in drawing and writing. She can put puzzle pieces together and can string beads with ease. She's getting better at using scissors and may be able to cut on a line without help. She may even be able to trace over simple designs.

Magazine Cutting and Pasting Give your child an old magazine and a pair of small safety scissors. Let him cut pictures out of the magazine (he doesn't have to cut them out perfectly) and, using a glue stick, glue them to a piece of paper. You can ask your child to choose a certain kind of picture. Tell him, "Find food that you like, and cut it out." "Cut out some coupons for Mommy."

More Puzzle Pictures Take a colorful page from a magazine, cut it in five or six pieces, and encourage your child to put the pieces together. For sturdier puzzles, glue the pictures onto cardboard before you cut them. Save the puzzles in an envelope to use again and again.

Where's the Button? Provide clothes for your child that have one or two large buttons. You might also let her help you fasten a button on something of yours. As she is trying to fasten the button, pretend it is a Hide-and-Seek game, with the button hidden at first, then "peeking out" from the hole, and then all the way through.

Pick-Up Games Give your child a pair of tweezers or small tongs and two cups. Put some cotton balls, large pieces of macaroni, or large beans into one of the cups, and have your child pick them up with the tweezers and put them into the other cup. Once your child can do this, make it more exciting by having a race. Do it fast. Ready, set, go!

Winding the Clock If you have a wind-up clock, show your child how to wind the alarm or turn the hands. Not only will your child get some good fine motor practice, but he also will learn something about how clocks work.

Tool Time Let your child play with some large nuts and bolts. See if she can screw the nut onto the bolt. You might also let her try hammering a short nail into a piece of soft wood. If you have a fat screw with a large slit, let your child try her hand at using a simple screwdriver. You may need to hold on to the screw or make sure that the hole is large enough so that the task isn't too hard. Always supervise when kids are using tools.



42-48 months