

Fine Motor Development Year 1

Birth-6 Months

Finger/Toe Rubs and Kisses: Rub your infants fingers and toes to stimulate their sense of body awareness (using lotion makes it even more enjoyable for them). Kiss their fingers when they reach up to your face.

Hand/finger Hold: Let your infant hold your finger, pull gently to let them know you feel them!

Ribbon Necklace: Create a ribbon necklace or use a scarf. When you bend down over your baby encourage them to grab and pull. This will help them develop spacial awareness while using their developing gripping skill!

Grasping Toys: Allow your baby to grab objects that are different sizes, shapes and textures.

6 Months- 12 Months

Tasty Grabs: Once you introduce solid foods to your baby, allow them to use their fingers to pick it up. Also, let them hold a safe spoon (even if they're not yet able to use it) to give them a different type of stimulation.

Fingerpaint: Allow your child to use safe finger paints or different types of food to "paint" on their highchair tray (pudding, oatmeal, spaghetti).

Finger Games: This is a great time to start finger games! Patty Cake, Itsy Bitsy Spider and Open, Shut Them are all great songs to sing and act out with your fingers/hands.