

Fine Motor Development Years 2-3

2 Years

Clean the Dishes: Give your child a sponge and let them help! Allow your child to wipe up spills, wipe down the tables or clean the dishes. Encourage them to squeeze the sponge to see how the water comes out each time.

Copy Cat: Ask your child to copy what you draw. Start easy with straight lines and as they master this skill add in curves, eventually making different shapes.

Grab it: Give your child kitchen tongs or tweezers and let them try to pick up different objects.

Make a List: Have your child help you make the grocery list. Give them a crayon, pencil or washable marker and a piece of paper and encourage them to make their own list of items they'd like to buy from the store. Asking them to read their list back to you. Or give them the sale flyer, and have them circle items they would like!

3 Years

Zip it up: Encourage your child to button or zip up their coats. They'll need help starting the process but encourage them to keep practicing. Try this little rhyme- The zipper is the monkey and the tab side is the banana. You put the banana in the monkey and the monkey climbs the tree.

Chalk Fun: Get outside and decorate the driveway or sidewalk. Draw larger shapes and objects and encourage them to trace or color in portions of the pictures. Ask them to draw their favorite stuffed animal or food.

Scissor time: Let your child practice cutting with child-sized safety scissors. Help them put their fingers in the holes and hold the paper. Encourage them to keep their thumb facing the ceiling. Make sure to keep a close eye on them, no one wants an unexpected haircut!