

Fine Motor

Activities to Help Your Baby Grow and Learn

Your baby is gaining control of her gaze and can focus on a nearby object for a few seconds. Soon she'll be able to follow you with her eyes while you move around. Her fist will grasp your finger and hold on tightly. She will show excitement by waving her arms. She is beginning to notice what's going on in the world; what a wonderful time!



Finger Kiss

When feeding baby, encourage him to touch your lips (if he doesn't do this spontaneously). Kiss his fingertips. Baby will learn the soft, wet sensation of your lips and soon will learn to aim his fingers toward your lips.

Gotcha *(about 3-4 months)*

While your baby is lying on a firm surface or sitting so that she faces you, offer a toy or something to grasp just beyond her reach. When she reaches for it, make sure she gets it. She'll probably taste it, too!

Finger Grip

Let your baby grab your finger and grip it tightly. Gently tug a little just to let your baby know you're there: "My, you are so strong!"

Finger and Toe Rub

Rub your baby's fingers and toes one at a time. A little oil or baby lotion makes this especially nice. Your baby will enjoy the way it feels. It will also help baby learn about his body. Talk softly as you rub him: "I love your beautiful little toes."

Ribbon Flutter

Hang a long, brightly colored ribbon or scarf loosely around your neck. When you lean over to change baby or pick her up, let her reach out and touch the ribbon. Talk about what she is doing: "You touched the pretty ribbon. I wore it just for you!"

Tuggy Tuggy

Let baby grasp a dishcloth or the corner of a washcloth. Slightly tug the other end. Tell him how strong he is. Let go gently and let him win the pulling game!

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.