



Ages: 0 - 3 Months

Activity:

- Tummy-Time or Sidelying Play
Place your infant on a blanket either on his or her tummy or side. Position yourself in front of your infant and give him or her a toy to hold in each hand at one time.

Example objects: teething rings, small balls, and small stuffed animals.

Ages: 6 - 9 Months

Activities:

- Pinching
Your child will start to use his or her fingers more purposefully. Give your child a small object to pick up with his or her thumb and forefinger. Food is a great motivator for this activity and small pieces such as puff cereal or Cheerios are a great choice.

- Reading Board Books
Board books are a great way to interact with your child. As you are reading to your child, have them grab or pinch the boards to help you turn the pages as you read them the story.

Encourage your child to point at the pictures on the pages by poking with his or her index finger and forming a fist with the other fingers.

These are simple and playful activities to help develop your child's fine motor skills.

Developmental Milestones for Children from Birth to 9 Months:

- Pick up large objects with hands
- Pick up small objects with fingers
- Manipulate objects with hands
- Point with index finger



Ages: 3 - 6 Months

Activities:

- Movement Exploration
Your child will begin to explore objects more and will be interested in objects of different sizes, textures, and colors. At this age, your child will begin to learn to adjust his or her grip and start manipulating objects to produce movement or noise. He or she will discover that certain movements they make can create fun results.

Give your child a variety of objects to explore with their hands. Example objects could include: dangling toys, mobiles, and noisemakers.

- Multi-Hand Exploration
While playing with a toy, bring your child's hands together to stimulate further exploration of the toy with both hands. Encourage your child to transfer the toy from one hand to the other hand for more advanced play.

Resources:

Developmental milestones from Voress, J. K. & Pearson, N. A. (2013). Early childhood development chart (3rd edition).