



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

Developmental Milestones for Children from 18 to 30 Months:

- Starting to hold a pencil
- Use of circular, vertical, and horizontal strokes spontaneously while drawing



Ages: 18 – 24 Months

Activities:

- Unwrapping Surprises

Removing colorful paper from a small package is a great way to encourage fine motor skill development in your child. Find any favorite small toy or item that your child enjoys and wrap it up in a small box. Use leftover store bought wrapping paper or make your own. You can use construction paper or tissue paper. Show enthusiasm as he or she unwraps the box.

After doing this activity with your child multiple times, have him or her assist you in wrapping a surprise for another family member.

- Playing with Sponges

Bath time is an enjoyable experience for most toddlers. All you need for this activity is two unbreakable kitchen bowls and a large sponge. Fill one of the bowls with lukewarm water. Place the bowls next to your child in the bath tub.

Have your child immerse the sponge into the bowl filled with water until a good amount of water is absorbed. Next, have him or her put the sponge over the empty bowl and squeeze out the water. Repeat the steps until the water is transferred from one bowl to the other.

Ages: 24 – 30 Months

Activities:

- Kitchen Tong Pick-up

Tongs can be a great tool for working on hand strength and control. Bring this handy utensil out during clean up time and encourage your child to pick up their small toys with them.

The tongs can also be used in play to pick up other smaller objects such as cotton balls or stress balls moving them from one location in the house to another.

This is an activity that can be started at a younger age, and then continued to build strength as they get older.

- Create a Picture Book

Fold 5 pieces (or more) of paper in half and staple along the fold line to hold the pages together to make a small book. Demonstrate how to fold paper in half as you do the activity. By 30 months, your child may be able to fold on their own. Gather up pictures of your child's favorite things from magazines or print pictures from your computer or phone.

Next, have your child glue the pictures to the pages of their book. Your child can add stickers or use crayons to add color to their handmade picture book. A spiral notebook can be used instead of folded paper.

Resources:

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

www.understood.org

www.handsonaswegrow.com

day2dayparenting.com