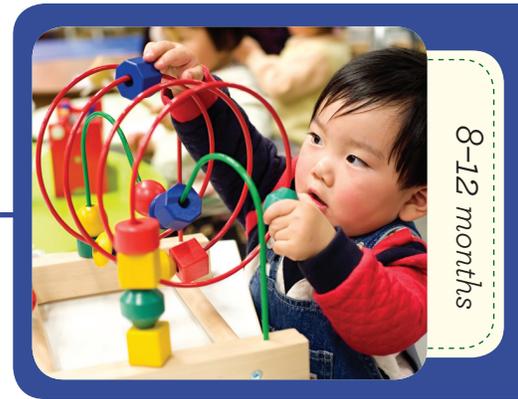


Fine Motor

Activities to Help Your Baby Grow and Learn



8-12 months

Your busy baby is beginning to pick up tiny bits of food with her thumb and forefinger. She can take things out of a container, such as spoons out of a plastic bowl, and can bang two toys together. If you give her a crayon and paper, she may even attempt to imitate your writing with a scribble.

Feely Game

In a cardboard box, collect things to feel, hold, and bang. Good items might include an empty plastic bottle, a toothbrush, and a little shoe. Let baby reach into the box to grab something and pull it out to show you. Talk about what he is holding. This exercise for little muscles also helps baby explore how different things feel.

Find the Feet

With baby sitting on the floor or the bed, drop a towel or small blanket over baby's feet. Ask baby, "Where are your feet?" Let baby pull off the blanket and show you her feet: "Hooray! There they are." Then play it again!

Catcher's Up

Use a small, soft ball (or make a ball out of socks rolled together) and play catch with your baby. He won't be able to really catch the ball yet, but he will enjoy trying to throw it and chase after it.

Tearing

Get a big basket or box and put some old magazines and wrapping paper inside. Let your baby tear what she wants. If she is more interested in putting wads of paper in her mouth, put the box away and try again in a few weeks.

Sticks and Stones

Take a walk outside. Encourage your baby to pick up items, such as stones, twigs, and leaves. Put them in a pail or paper bag. Talk about the color or the size: "Look, this big leaf is nice!"

Goodies in a Jar

Put small pieces of cereal in a screw-top or snap-top plastic container. Put the lid on loosely. Let baby take the lid off. You may have to show your baby how to take the lid off and get the cereal. Soon he will do it by himself.

Bedtime Book Time

A great way to get ready for bed is to snuggle up and read books with your baby. Let her pick a few books and help turn the pages. Talk about the pictures and ask her to point to things she sees. Enjoy your special time.

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. Remember to watch out for things that might go into your baby's mouth.