



FM-2-BC

Fine Motor Bilateral Coordination

(Use of both hands together)

- Encourage your child to play with playdough or modeling clay with two hands. Roll it out with a rolling pin or between both hands.
- Let your child crumple single sheets of newspaper in both hands. Then have your child pile the paper wads up to make a mountain to jump into. Later clean up by stuffing the papers into a bag.
- Try finger painting with shaving cream, pudding or paint. Hints: Add a little soap powder to the paint and it will clean up more easily. Add cereal, raisins, or sand to the pudding for texture. Be prepared for a fun but messy time!
- Let your child open lids on small jars or practice unscrewing nesting toys.
- Play with musical instruments which involve the use of two hands, such as a tambourine, triangle, drum, or play xylophone.
- Pop bubbles by clapping hands together. Try to blow bubbles above your child's head, low to the ground and on either side of your child for variety.
- Have your child tear newspaper into strips. Stuff a paper bag, tape the ends, make a ball to throw or kick.



FM-2-PD

Fine Motor Prehension and Dexterity

- Take apart and put together toys such as Legos, Tinker Toys, and Bristle Blocks.
- Encourage your child to string pieces of pasta tubes or foam craft beads onto pipe cleaners. String cheerios onto yarn to make bracelets and necklaces for another variation.
- String half-inch wooden beads onto a shoelace or yarn.
- Encourage play with simple puzzles (10-15 large pieces).
- Look at books together. Have your child turn the pages while you read.
- Have your child place small objects into containers, i.e. raisins, cheerios, cotton balls into paper cups, yogurt containers or egg cartons. For greater challenge, try using mini tongs instead of fingers for picking up the objects.
- Play with finger puppets, taking turns using different fingers. Also, try finger games such as “Where is Thumbkin” and “Itsy-Bitsy Spider.”





FM-2-EHC

Fine Motor Eye-Hand Coordination

- Have your child practice tracing inside shapes cut out from a piece of cardboard (circles, squares, triangles).
- Have your child color, use chalk or paint standing up at an easel.
- Provide a large brush and can of water to “paint” strokes on the sidewalk, patio, or house.
- Play balloon game together. Hit the balloon back and forth to the other person, trying not to let it touch the ground.
- Take turns blowing bubbles and have your child pop them using a different hand or even different fingers on each turn.
- Encourage your child to toss beanbags at a target or play catch with a large bean bag.
- Help your child complete simple lacing cards. They can be purchased or made from cardboard with pictures pasted on and holes punched. The cards can be laced using yarn or shoelace.
- Use stickers or small post-it notes to cover up simple designs on paper.
- Encourage your child to play with pegboards of various sizes.



FM-2-S

Fine Motor Strength

- In the bathtub or outside, pour water from one container to another.
- Squeeze a small sponge with one or both hands while washing a baby doll or helping to wash toy dishes.
- Encourage your child to play with toys that pull apart such as Duplos, pop beads, or interlocking blocks.
- Tear paper into narrow strips and glue on larger paper to make a picture.
- Have your child squeeze and poke playdough. Progress to making balls or logs. Make pretend food and serve on toy plates.
- Have your child place small objects into containers, i.e. raisins, cheerios, cotton balls into paper cups, yogurt containers or egg cartons. For greater challenge, try using mini tongs instead of fingers for picking up the objects.
- Try to activate wind-up toys that have large twist-type buttons.

