Fine Motor Home Program: Foundational Skills

Fine motor development requires building on your child's visual and coordination skills. Incorporating vision and imitation tasks into everyday life is an easy first step!

Your Child is Working On:

- Imitating body movements
- Tracking items with eyes
- Hand skills

What to do at Home: Allow your child to *see* what you are doing during daily routines. Children need to see adult movements to understand how they can copy them. Give yourself more time to complete everyday tasks (tying shoes, brushing teeth) so you can model your moves slowly!

BBD Tip: These tasks may seem simple, but kids need to have foundational skills before moving on to complex tasks (writing, buttons)!

BLUE BIRD DAY

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You Can Help Your Child During:

Mealtime: Start with placing your child's favorite snack/meal on a plate

- Move the plate side to side about a foot away from their face

- Ask your child to follow the food with their eyes

- Challenge your child to not move their head when following the plate

Bedtime:

- During bath time, blow bubbles one at a time and have your child watch them fall

- When tucking into bed, turn off the lights and use a flashlight to move a light side to side on the wall

    - Have your child lay on their back to stabilize their head and support just their eyes moving

Playtime: Pretend to be superheroes!

- Have your child lay on their stomach and reach their arms out to fly through the air

- Use tape to mark a spot on the wall. When they reach high to the spot, they unleash a new "superpower"

- Place "magic" marbles in a narrow plastic cup and have your child take them out

Build Your Skills:

1. Choose a song your child loves.

2. Think of a way you can add body movements to the chorus of the song.

Tips and Tricks:

- Sing songs with movements: "Wheels on the Bus", "If You're Happy and You Know It", or "Baby Shark"

- Ask your child to remove clips (ex. chip clips) when cooking

- Have your child reach for a high five when they finish a task (brushing teeth, getting dressed)

BLUE BIRD DAY