

Uses tools to complete activities, showing hand-eye coordination (scissors, fork, toothbrush, pencil, etc.)

Activity: Give your child a large sheet of bubble wrap and ask him if he can pop just one bubble at a time.

Why: While popping all the bubbles at once is tempting, doing one at a time takes more coordination and helps build fine-motor skills. Using small groups of muscles will also help strengthen hands and fingers and make writing easier!

Activity: Let your child make their own grocery list. As you make your own list, ask them to draw a picture of each item on their list. When you get to the store try to use both lists to do your shopping. Congratulate your child on a job well done!

Why: Fine-motor skills need lots of practice. Writing, drawing, cutting, and gluing in the right place take time and help build coordination.

Your Shopping List		
Particulars	Done	Left



Activity: Turn cleaning into a game. When cleaning a surface like a coffee table, give your toddler a slightly damp towel or sponge and ask her to help clean by wiping the table. Suggest using different wiping motions such as long strokes or big circles that keep getting smaller.

Why: Large swiping motions help build gross (large)-motor skills. Using shapes turns cleaning into a fun learning experience that helps you get chores done too!