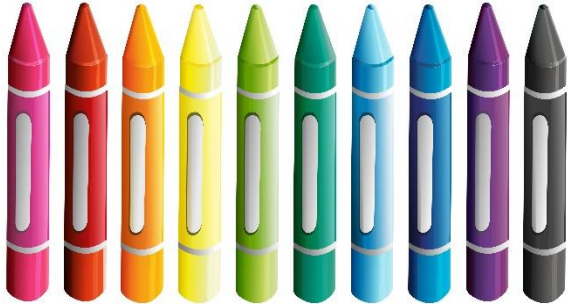


Writes Own Name with Help



Activity: 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.

Why: Writing uses a lot of muscles in the hand, and it takes time to build up those muscles and teach baby how to use them. This is one activity to start that process.

Activity: Fill an empty box with strips of paper that are cut to different lengths. Encourage baby to pull all of the pieces out then pick them up one at a time and put them back in the box.

Why: This is a fun way to build the muscles needed for holding on to a writing tool.

Activity: Using child safe “paints” start finger painting with your baby. Some fun baby safe “paints” include Pudding or Jell-O powder mixed with water.

Why: Writing uses muscles in the hand and arm, and finger painting is one way to practice using the arm muscles. It also builds hand-eye coordination.

