



Fine Motor

Activities to Help Your Baby Grow and Learn



Your baby is gaining control of her gaze and can focus on a nearby object for a few seconds. Soon she'll be able to follow you with her eyes while you move around. Her fist will grasp your finger and hold on tightly. She will show excitement by waving her arms. It is a wonderful time of beginning to notice what's going on in the world!

Finger Kiss When feeding baby, encourage him to touch your lips (if he doesn't do this spontaneously). Kiss his fingertips. Baby will learn the soft, wet sensation of your lips and soon will learn to aim his fingers toward your lips.

Gotcha (about 3–4 months) While your baby is lying on a rug or sitting in her infant seat, offer a toy or something to grasp just beyond her reach. When she reaches for it, make sure she gets it. She'll probably taste it, too.

Finger Grip Let your baby grab your finger and grip it tightly. Gently tug a little just to let your baby know you're there. "My, you are so strong!"

Finger and Toe Rub Rub your baby's fingers and toes one at a time. A little baby lotion makes this especially nice. Your baby will enjoy the sensation. It will increase his body awareness.

Ribbon Flutter Hang a long, brightly colored ribbon or scarf loosely around your neck. When you lean over to change baby or pick her up, let her reach out and touch the ribbon. Sit and talk about what she is doing.

Tug-O-War Let baby grasp a dishcloth or the corner of a washcloth. Gently tug the other end. Tell him how strong he is. Let go, and let him win!



1–4 months