



## Fine Motor Play

Children who have good vision and small-muscle development are capable of exploring their environment. Your child will benefit from experiences that help develop muscles that will be used for creating, reading, and writing. What activities develop fine motor skills?

### Infant

- Follow an object with his/her eyes (center to left and center to right).
- Grasp a toy with both hands-then one.
- Pick up small object with finger and thumb.
- Play "Pat-a-Cake."

### Toddler

- Throw a small ball over-handed.
- Stack blocks.
- Make a mark on paper with crayon.
- Pat, poke, pinch then roll clay.
- Turn pages of a book.
- Get a spoon into mouth right-side up.

### Preschooler

- Lace beads or string cereal.
- Cut play dough with plastic knife.
- Cut paper with scissors.
- Tear paper into strips.
- Hold book correctly and turn pages without assistance.
- Use "puppet fingers" (thumb, pointer and middle) to tell story.

Want more ideas?

[www.topekapublicschools.net](http://www.topekapublicschools.net), [www.ercrefer.org](http://www.ercrefer.org) or watch TPS TV (cable 14)



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## Play With Me!



A child who is playing is learning to experience a new world. Playing fosters a child's separate identity from their parents. It can be observed in many forms: building with blocks, making believe, exploring the outdoors and developing fine motor skills. When there is play, there's wonderful growth and activity in the brain.

What skills do children learn while playing?

- Problem solving
- Playing with others
- Imagination
- Dealing with emotions
- Creativity
- Task completion

What questions encourage thinking?

- Oh, how does that feel?
- Where did it go?
- Can we try it another way?
- What do you think it feels like?

What positive responses promote "trying?"

- I can tell you are trying very hard.
- You worked very hard to get that.
- Wow, give that another try!
- You must be very proud of yourself!

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