**Activities to promote fine motor skills, strengthening, and self-help skills in**

**children birth to pre-school age**

Please choose activities that would best meet your child’s skill level, interests and abilities and work together to ensure safety as well as working on specific skills!

**Infants—**

* Encourage holding, shaking and mouthing of developmentally appropriate toys such as rattles, shakers, busy box, ring stacker, balls, chewing toys, pop beads.
* Hold different sized objects in each hand to explore
* Look at cardboard books talk about picture characteristic and open/close books as well as turn several pages together and then single pages
* Container play drop in and take out objects
* To advance container play use a shape sorter or slotted hole for more refined skill
* Clapping games, songs and finger plays, peek-a-boo
* Toys that require two hands
* Passing toys from hand to hand
* Rolling a ball back and forth
* Cause and effect toys
* Tummy time play for strength and weight bearing (look in a floor mirror)
* Banging toys up and down and together (hammering toys)
* Stacking cups, large Duplo blocks
* Play phone to push buttons with fingers
* Bath toys, squinters, bath-tub crayons, stick on letters/numbers

**Preschool age—**

* Sensory play exploring a variety of different textures sand, shaving cream, play-dough
* Using different types of tools in with hands (paint brush, brush, clothespin, feathers).
* Using crayons, makers to make strokes on paper.
* Magna doodle, Dry erase board
* Sidewalk chalk
* Bubbles
* Pots and pans, spoons, cups (stir, stack)
* Empty boxes
* Music, songs, finger plays and hand puppets
* Simple form board puzzles, large knob puzzles with a few shapes
* Dress-up clothes/pretend play
* Stringing large beads (pipe cleaner, tubing, string with tape on one end, thicker yarn).