

0-1 YEAR OLD FINE MOTOR

0-3 Months

- 0-3 month babies have jerky movements, but like looking at toys
- Let baby hit hanging/jingling toys
- Have baby watch as toys move then slowly bring it to their hands

6 Months

- 6 month old babies start grabbing toys
- Give grabbable toys like small stuffed animals, washcloths, and teethingers
- Show baby how to bang toys together

9 Months

- 9 month old babies start to pinch toys
- Give baby small, safe things to pinch like Cheerios
- Have baby pull a string tied to a toy (like a car) or pull cloth tissues out of a tissue box

12 Months

- 12 month old babies can start drinking from a cup and scribbling
- Give baby water in an open cup to drink (do in the bath if needed)
- Let baby try scribbling with crayons and chalk

Extras

- Babies 0-1 love to explore their environment
- Show baby different textures (blankets, clothes, towels)
- Let baby be messy (edible paint and playdough are fun to squish)

