



FINE MOTOR PROMOTOR



01 Play dough Play (All Ages)

Roll, pinch, and squish playdough together. Try hiding small toys inside for your child to find.

Playdough play builds hand strength and coordination.



02 Block Stacking (6-24 Months)

Stack soft or wooden blocks and knock them down together.

Stacking promotes grasping, balance, calibration, and visual-motor coordination.



03 Finger Feeding & Snack Play (1-2 Years)

Let your child pick up small foods like cereal, fruit pieces, gold fish, or cheese cubes during snack time. Encourage them to use their thumb and index finger instead of their whole hand.

This promotes the pincer grasp, hand-eye coordination, and independence with self-feeding.



04 Sticker & Crayon Play (2-4 Years)

Encourage your child to peel and place stickers on paper or to make marks with crayons, markers, or paint. Let them explore freely, scribbling is the first step toward writing!

This will encourage fine motor control, finger isolation, and early pre-writing creativity.

