

INFANT DEVELOPMENT PROGRAM



IDP Playgroup Circle Time

Click on the link below and sing with us as we welcome May!

<https://youtu.be/qxk5QubDRj8>

Fine Motor Activities

- Look at books together. Have your child turn the pages and encourage pointing at pictures.
- In/out play (e.g. popsicle sticks and a Pringles can with a slit at the top, silk scarf and a jar, cotton balls and an ice cube tray, corks and a jug).
- Water painting (piece of construction paper, paint brush, and water to dip paint brush in)

Hand & Finger Strengthening

Squeezing, flattening, and shaping playdough.

Squeezing water from a sponge or small towel during bath time.

IDP Newsletter

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Hello families! We hope everyone is doing well in these challenging times. This week's newsletter focuses on fine motor development.

Fine Motor Skills

Fine motor skills involve the little muscles of the hands. This includes the ability to point, poke, grasp, pick up, release, manipulate objects, and use tools.



It is important for children to develop strength and dexterity, as well as hand-eye coordination, to become accurate and efficient in their fine motor skills. Give your little one the time to explore with a variety of textures and sizes (watch out for choking hazards!).



As they grow, their art work and writing change as they gain control of the muscles in their hands. Offer your child a chunky, easy-to-grip crayon

and something to draw on. Check out this link for more fine-motor activities!

<https://www.zerotothree.org/resources/305-learning-to-write-and-draw>