

Activities for Infants/Toddlers at Home

Issue #2



FINE MOTOR ACTIVITIES

Fine motor skills refer to small movements in the hands, wrists, fingers, feet, toes, lips and tongue. Here are a list of activities to try with your child(ren). Use a film canister to test objects to make sure that they are not a choking hazard (anything that fits into the canister is small enough for a child to swallow or choke on).

Peeling Tape

Using different coloured tape place several strips down on the table or highchair tray. Your child will develop their fine motor skills while pulling the tape up.

Lint Roller Pick Up

Using a sticker lint roller, provide your child with several pieces of cut craft foam, pieces of ribbon, pieces of cardboard or even buttons. Your child can stick one piece at a time and place the item into a basket until all items are collected.

Fine Motor Practice

Use a container with a hole in the lid. Provide your child with popsicle sticks or straws to pick up and feed through the hole.

Sticker Line Up

Use a marker to make a shape on a piece of paper and tape it to the wall. Provide your child with stickers that they can place along the line. This will develop eye-hand coordination and fine motor skills.

Muffin Tin Fine Motor Play

Using a muffin tin for a holder, place a soft ball in each space. Place your infant on their tummy with this in front of them. They will possibly begin with reaching for the ball and moving it in the tin and then eventually grasping the ball.

Mess-Free Finger Painting

Using a Ziploc bag, place a paper with some dots of paint on it inside. Tape the bag to the floor for your child to have some sensory tummy time. Your child will explore the paint through reaching and touching. Once they are done you can take the painting out of the bag by cutting the sides and let it dry.

Threading Pool Noodles

Cut a pool noodle into several 3-4 inch sections. Have a long piece of wide ribbon for your child to thread with. You can tie one piece of the noodle to the end of the ribbon so it acts as the knot and have your child thread the ribbon through the hole of the noodle.

Whisk Fine Motor Play

Depending on the age of your child, you can fill the whisk with several different materials for them to take out. You could fill it with pompoms, cotton balls, and pieces of fabric or scarves.



SENSORY ACTIVITIES

Sensory stimulation is linked to emotional, cognitive and physical development. All of the senses need to work together so that infants and toddlers can move, learn and behave in a typical manner. Activities provided for seeing, hearing, touching, smelling and tasting should be numerous and repetitive for proper sensory stimulation.

Simple Sensory Bags

1. Choose four different fillers:

Wet

- Shaving cream
- Oil and water
- Clear hair gel or shampoo
- Water beads

Dry

- Buttons
- Leaves
- Glitter and baby oil
- Cereal
- Chips (just be prepared for these to be crushed beyond edibility)
- Crumpled paper balls
- Dry pasta
- Pom poms
- Popcorn
- Dyed rice
- Salt
- Drinking straws
- Beads

2. Place no more than 3 cups of filler in a gallon-sized zip-top bag.

If using a liquid, double bag and tape the bags securely shut for extra security.

3. Tape the bags in a grid on the floor. Or, if you have a big window, try taping the sensory bags there!

4. Allow your child to explore