

FINE BABY!

GAMES TO HELP
YOUR CHILD'S MOTOR
DEVELOPMENT



Created by McGill Ingram School of Nursing Students



DISCLAIMER

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Thank you to Geneviève Jetté-Beaulieu, Ergothérapeute, for reviewing and providing feedback on this booklet

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GENERAL INFORMATION

Motor skill development is an integral part of your child's growth.

Gross motor skills are relating to the use of larger muscle groups such as legs, arms, and abdomen. 8

Fine motor skills are relating to the use of smaller muscle groups in the upper body such as hands and fingers. 8

The purpose of this book is to provide fun activities/games to do with your child to strengthen their fine and gross motor skills.

Play the games offered in this book as a way to help your child's motor development.

The book is not a strict guide to your child's developmental timeline!

Make use of the note section and difficulty scale available at the end of every chapter. Refer to your healthcare provider, occupational therapist, nurse, etc. for any questions or concerns.

*Have
Fun!*

WHY IS IT IMPORTANT?⁸

and many more...

Sports skills



Body posture



Gross Motor

Play with peers



Everyday self-care (ex. dressing)



WHY IS IT IMPORTANT?⁸

and many more...

Feeding themselves

Drawing

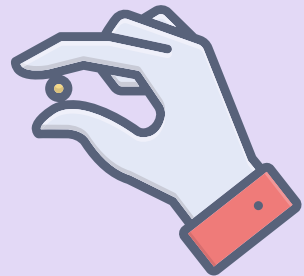
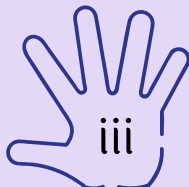


Fine Motor



Writing

Dexterity





0-6 MONTHS





BACK TO SLEEP⁴



TUMMY TO PLAY

- First, put your baby tummy to tummy with you.
- Transition to a bed (with constant supervision!).
- Lastly, transition to a rug on the floor.
- Tummy time should start on the 1st day home, increase in frequency from 2-3 times/day and increase in length from 3-5 minutes per time.

This helps with making the neck and shoulder muscle stronger

TOY REACHING: BLOCK PLAY⁹

- Place your baby on their stomach on a rug or blanket.
- Stack a few small toy blocks within the baby's reach, letting them knock it over.
- Stack the blocks again, and allow your baby to knock the tower over.



Let them hold, inspect, and play with the blocks.

This helps develop reaching and grabbing skills, while also strengthening neck and shoulder muscles.



WHEELBARROW¹

6 months +



- With your baby lying on their stomach, place your hand under their belly and pelvis, lifting the lower half of their body.
- Have your baby support their own upper body weight with their arms.
- Observe your baby holding their head up and looking forward.



A mirror can be put in front of them to encourage the baby to lift their head to see their reflection.

This helps strengthen upper extremities.



LAYBACK¹

6 months +

1) On the floor, in a sitting position, have your baby lie in between your legs, facing you.

2) Sit on the floor with your bent knees, have your baby lie down between your legs while facing you.

3) Let your baby hold your thumbs.

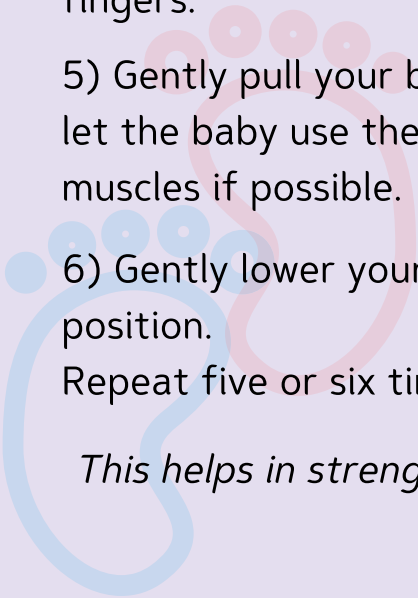
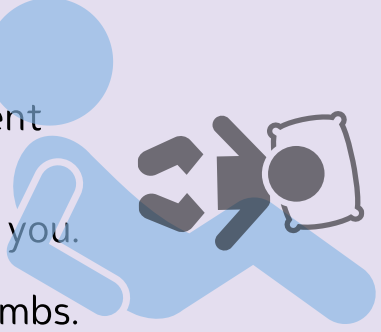
4) Support their wrists/forearms with your fingers.

5) Gently pull your baby to a sitting position - let the baby use their arms and abdominal muscles if possible.

6) Gently lower your baby back to a lying position.

Repeat five or six times.

This helps in strengthening arm and abdominal muscles



TOY REACHING :

DANGLING TOYS³

- Lay your baby on their back and dangle their favourite toy or a toy that can be grasped easily above them at a height where they can reach and grasp it.
- Move the toy around, make your baby turn his head and maybe his body.
- Allow them to practice reaching for it.
- As they improve their ability to reach and grasp the object, they will do so more often.

This helps develop reaching and grabbing skills.

RIBBON PULL⁹


- Hang a long, brightly-coloured ribbon or scarf loosely on a higher surface or your neck.
- Let your baby reach out and touch the ribbon/scarf.



You can attach a securely tied wooden bead or another safe, interesting object to the ribbon that will catch your child's attention.


This helps in your baby's ability to grasp objects.





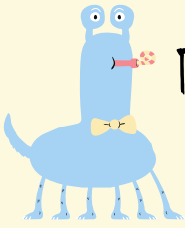
STICKY BALL⁹

- Create a small ball (5-7cm diameter) out of masking tape with the sticky side out.
- Stick the ball on your baby's hand or clothes.
- Observe if your baby pulls the ball off their clothes, or transfers it between their hands.



Monitor your baby to make sure they do not place the ball in their mouth.

This activity helps practice grasping and hand-eye coordination



DIFFICULTY SCALE



Easy



Medium



Hard

BACK TO SLEEP,
TUMMY TO PLAY

TOY REACHING: BLOCK PLAY

WHEELBARROW

LAYBACK

TOY REACHING: DANGLING TOYS

RIBBON PULL

STICKY BALL

NOTES:





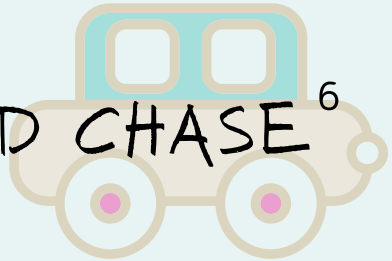
7 MONTHS

-

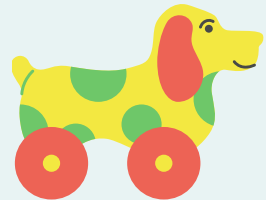
2 YEARS



CRAWL AND CHASE⁶

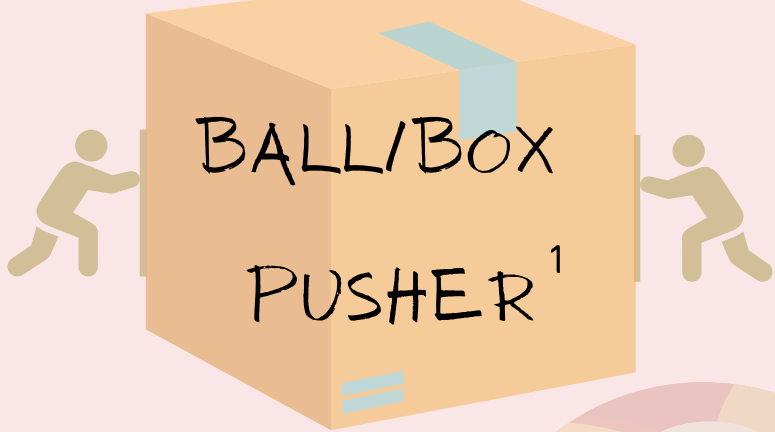


- Place a toy that can move (eg. toy car, a toy with wheels) within your baby's sight/reach, encouraging them to crawl towards it.



- Move the toy further as your baby moves closer to it.
- Allow your baby to obtain the toy as a reward.
- Additionally, parents can crawl alongside your baby as an example to encourage them.

Helps in developing tracking skills, hand-eye coordination, and is a way to practice crawling



Allow your toddler to push a large ball (therapy ball or large beach ball) or a large box as they walk.

This can be made into a race with a parent to see who can make it across an area first.

This helps your child practice their walking and help their upper body strength.



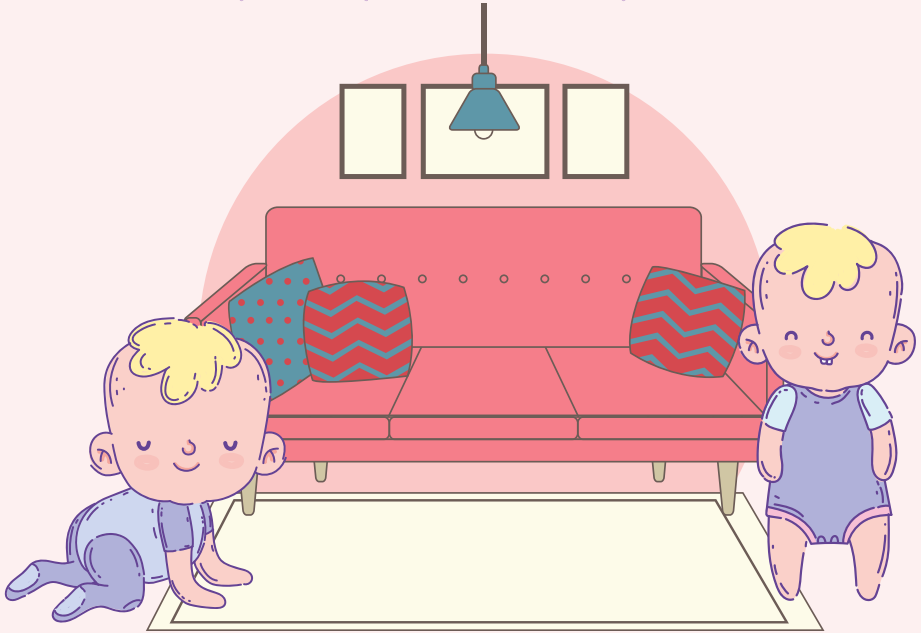
Directions

- Help your child to put dry ingredients (ex. beans, pasta, rice) in to a pot/large container.
- We can also use small toys (eg. legos, blocks) to create more sensory stimulation.
- Show your child how to use the wooden spoon to stir up the ingredients in a circular motion.
- Ask your child to prepare you a customized "meal" !

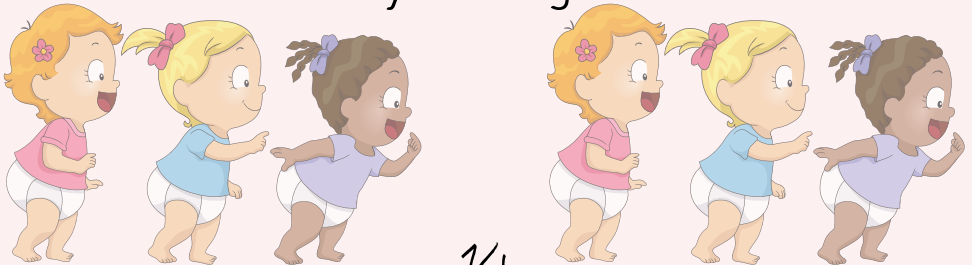
This helps with whole arm movements



LEAN ON ME⁸



Let your child explore on stable objects of different heights (eg. sofa, box, your legs, coffee table) so they can lean on, or pull themselves up, eventually learning to stand.



LITTLE ORGANIZER⁸



Directions:

- Using boxes or containers, ask your child to fill them up with toys.
- Demonstrate how to put the toys away.
- Can use items that make a satisfying thud when dropped and small enough to grasp with their **hands**.

This helps with hand grasp and arms movements



BIG HELPER⁶

Ask your child to help you hold objects requiring both of their arms while walking (eg. give them a cereal box while shopping in the grocery store).

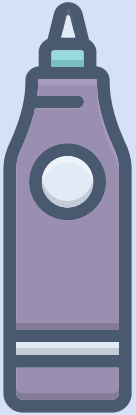


This helps with arm strength and balance while walking



WHIPPED CREAM FINGER PAINT⁹

- Place a squirt of whipped cream in a paper cup or other container.
- Allow your child to scoop it out and spread it on a tray/table top.
- Demonstrate how to make lines and dots with their fingers & bigger marks with their whole hand.
- Let them paint freely.



This helps develop creativity and uses the ability to scribble.





CHIP BANK⁸



Materials:

- A large plastic container.
- Poker chips OR small cardboard squares OR anything that can fit into the slot of the container.
- Something that can cut a slot into a container.

Setup:

- Similar to a piggy bank, cut a slot into the lid of a container.

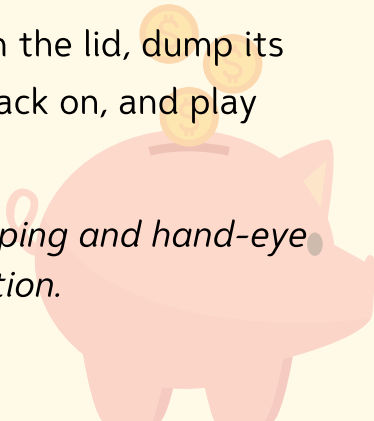


Directions:

- First demonstrate to your child how to put the poker chip /cardboard pieces into the slot of the container.
- Then, allow them to practice fitting and placing the objects into the slot.
- If your child is able to, once the container is full allow them to open the lid, dump its contents, put the lid back on, and play again!



This helps develop grasping and hand-eye coordination.





DUMP AND FILL⁷

Materials:

- Cut up straws and a water bottle OR poker chips/coins and a yogurt container.



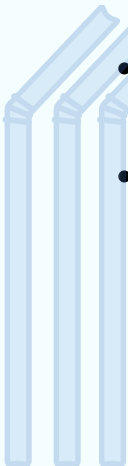
Setup:

- If using a yogurt container, cut a slit in the top that is large enough to fit the poker chips/coins.
- If using a water bottle, either remove the lid or make a small hole in the lid.

Directions:

- Push either the straw pieces into the water bottle or the poker chips/coins into the slit of the container, allowing it to drop into the container.
- Dump the contents of the container and refill it!
- This activity can be played with others where turns are taken.

This helps develop grasping and hand-eye coordination.



CATCH THE CUBE!⁸



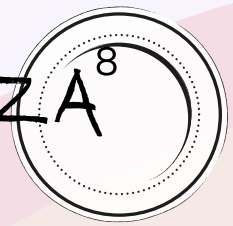
Materials:

Ice Cube or pingpong and High chair or tray

Directions:

- On your baby's high chair or on a tray, place an ice cube or a ping pong ball.
- Allow your child to catch it.
- As the ice is slippery, your child will chase after it, practicing hand-eye coordination.

RAINBOW PIZZA



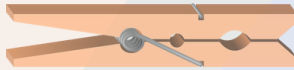
Materials:

- White paper plate
- Red, blue, green, and yellow markers/crayons/pencils, etc.
- 4 clothespins

Setup:



- On each of the clothespins, color a small dot in each of the four colors.
- Draw and divide the paper plate into 4 triangles with intersecting lines (so that it resembles a pizza).
- Color each triangle on the plate with one of the four colors.



Directions:

- Now it's time to color match! Your child will take the same colored clothespin and clip it onto the corresponding color on the paper plate's pizza slice.
- When all the clothespins are on the pizza, your child can yell "Rainbow Pizza!"
- This activity can be a game played with others!

This helps develop grasping while practicing color matching.

SCISSORS!²



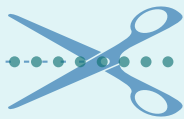
WHAT WE NEED:

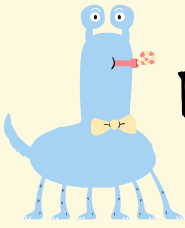
- Child-safe Scissors
- Animal puppet or a stuff toy
- Play dough and leaves

This is a series of activities that will help develop skills for scissors.

STAGE 1 AND 2: CUT AND FEED

- Demonstrate how to hold scissors and give it to your child.
- Your child may hold it with two hands as they learn.
- Allow them to cut up the leaves and play dough and to feed it to the stuffed toy or puppet.





DIFFICULTY SCALE



Easy



Medium



Hard

CRAWL AND CHASE

BALL/BOX PUSHER

STIR IT UP

LEAN ON ME

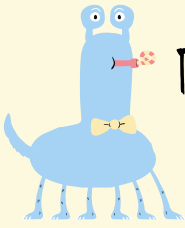
LITTLE ORGANIZER

BIG HELPER

WHIPPED CREAM FINGER PAINT

NOTES:





DIFFICULTY SCALE



Easy



Medium



Hard

CHIP BANK

DUMP AND FILL

CATCH THE CUBE

RAINBOW PIZZA

SCISSORS: STAGE 1-2

NOTES:





3



5



3-5 YEARS



BEAN BAG GAMES⁸



Materials:

- Bean bags of different colour
- Make your own bag: cut old fabrics into a square and fill with rice/beans, tie with elastic or sew it
- Corresponding colour containers

Directions:

- Throw bean bags into the same colour container to practice throwing skills.
- One round can be over head throw only, other round can be under hand throw.
- Increase the throwing distance.
- Have a timer and keep score.

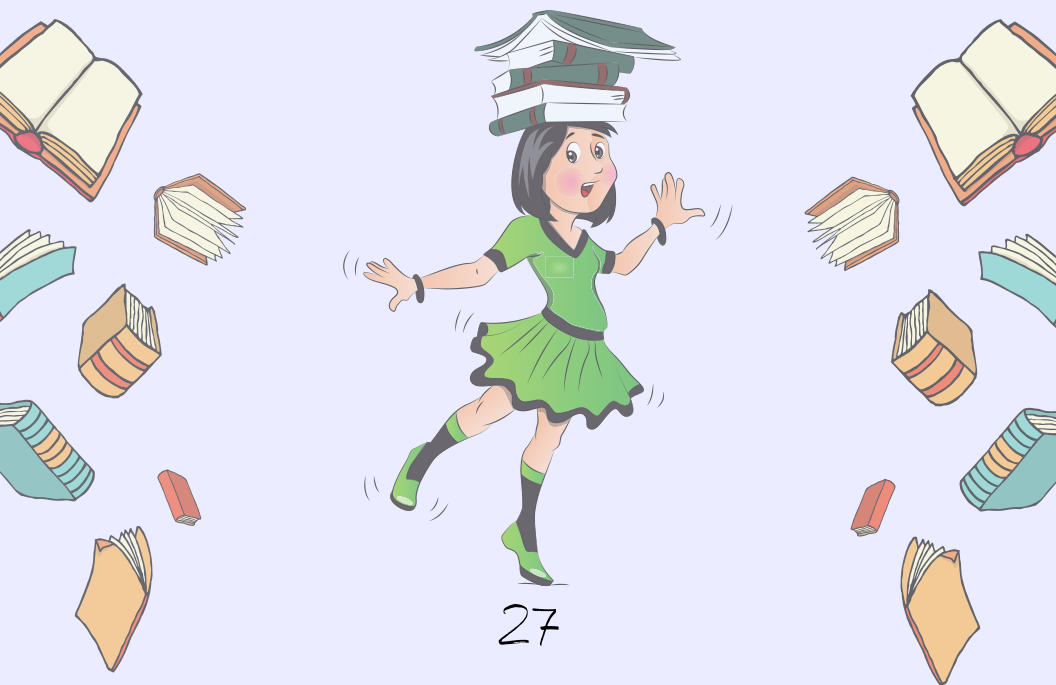




THE BALANCER⁵

Directions:

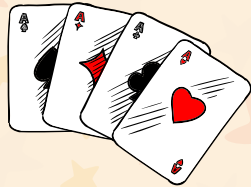
- Balance a book/bean bags/rice in ziplock bag on the head.
- Walk towards a destination and back without dropping the object.
- Add more object for harder difficulties.
- This game will help practice good posture.





PANCAKE FLIP⁸

Materials:

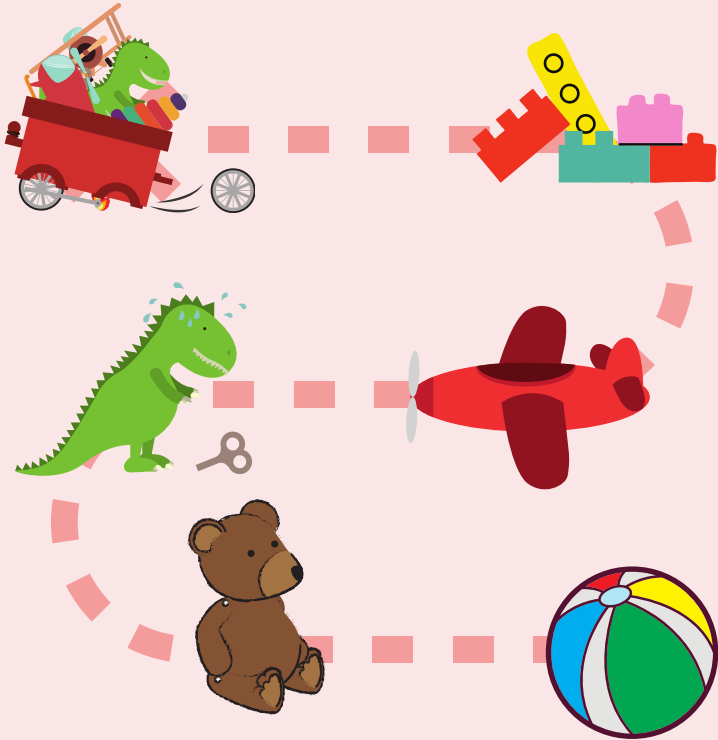


Directions:

- 10 cards facing down on a surface
- Use the spatula to flip as many cards as possible within 30 seconds.
- Shout "Ready set flip" to start the game and shout "It's pancake time" to end it.

This helps with hand and wrist flexibility, and also arm movements

LITTLE HOPPER⁶



Directions:

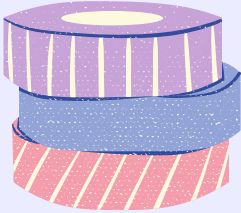
- Place small "obstacles" (eg. toys) on the ground and build a pathway.
- Hop over the obstacles with one leg to reach the destination.
- Hop back with a different leg.

This helps with leg strength and hop skills

EASY THROW! ⁸

Materials:

- Newspapers
- Tape



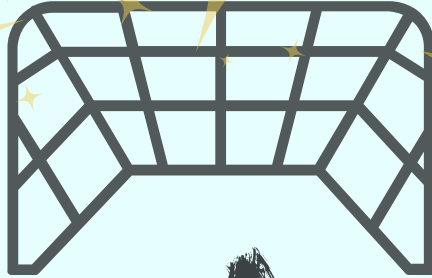
Directions

- Roll the newspaper into a tube and tape it to make a baton.
- Have your child hold their tube and have them toss it with both hands up in the air and ask them to catch it.
- Start small and extend distance as your child gets more confident.
- A newspaper ball can be made to play baseball using the tube.



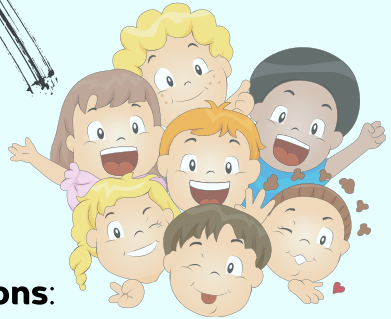
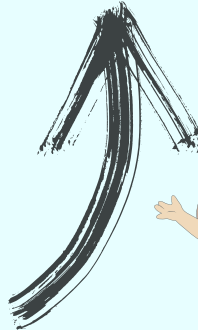
This helps develop the ability to throw.

FLICKING POOL⁸



Materials:

- Masking tape
- Flat surface
- Object to flick: coins, crumple paper, pompoms



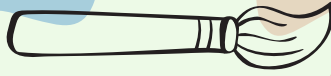
Directions:

- Tape out a "goal" area.
- Players start at different sides of table with object.
- Use index finger and thumb to flick the coin, and take turns to see who gets their coin in the goal area first!



This helps with hand-eye coordination and strengthen finger strength

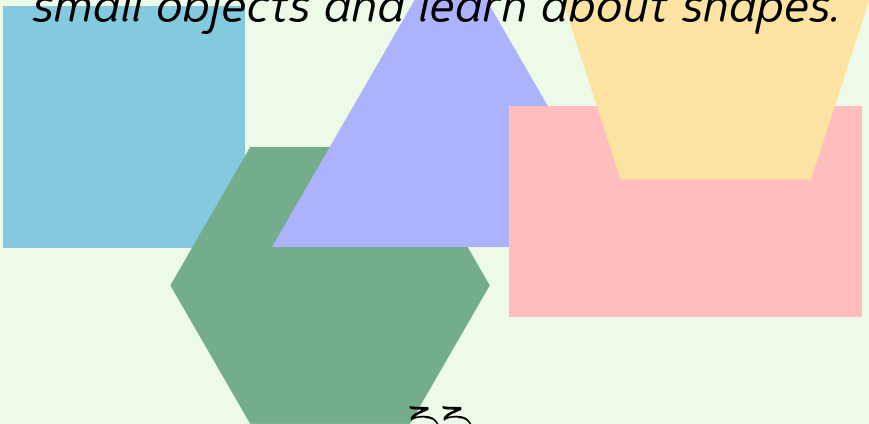
TOOTHPICK ART⁸



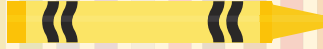
Directions:

- Using toothpicks, practice making interesting designs, shapes (squares, rectangles, triangles, etc.), or letters (E, F, M, etc.)!
- If toothpicks are too difficult for your child to hold, try skewer sticks.

This helps develop skills to pick up small objects and learn about shapes.

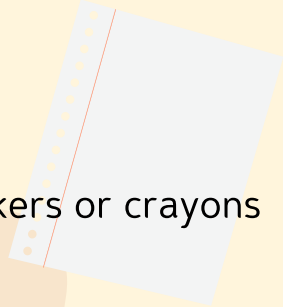


ART FOR TWO⁸



Materials:

- Paper
- Pencils, markers or crayons



Directions:

- One player will begin by drawing any shape on the paper. Then, the other player will add to the drawing with anything they choose, such as a line, a circle, or another shape, etc.
- Continue to take turns adding to the drawing until you feel that the design is complete!
- This is all for fun! There is no right or wrong and drawing skills are not required!

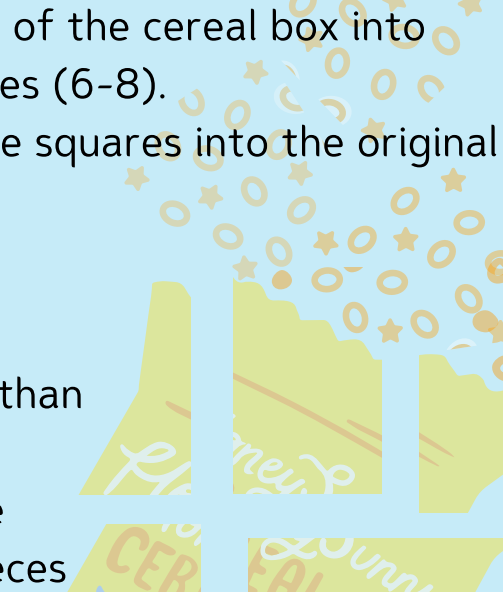
This helps develop the skills to hold writing tools while practicing creativity.



CEREAL BOX PUZZLE⁷



Directions:

- Cut out front of the cereal box into several squares (6-8).
 - Piece back the squares into the original picture.
 - **Variations:**
cutting into shapes other than squares, or increasing the number of pieces
- 

*This helps with hand-eye coordination
with cognitive stimulation*

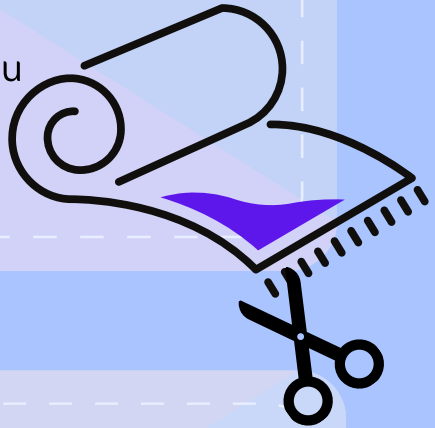


SCISSORS!²



STAGE 3: PAPER SNIPPING

- Give the child some paper and help them snip the paper's edge.
- Counting while you snip can make it more interactive



STAGE 4: PAPER CUTTING

- Here children can push the scissors forward.
- Use small pieces of paper as it is easier to cut across.

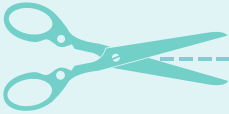


SCISSORS!

STAGE 5: PAPER CUTTING ON A STRAIGHT LINE:

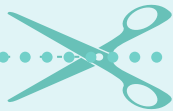


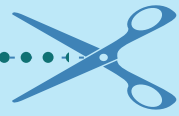
- Draw a line across the paper and encourage your child to cut while following the line.



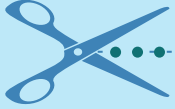
STAGE 6: CUTTING CURVES

- Introduce curved lines to follow and let them follow the line.



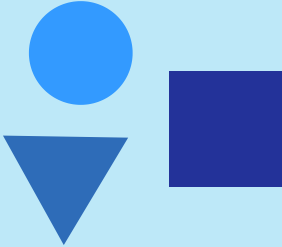


SCISSORS!²



STAGE 7: CUTTING

SHAPES



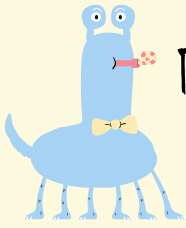
- Ask your child to cut simple shapes like circles, triangles and squares.
- Draw the shapes on the paper to help them visualize the cut.

- At this stage, your child may be able to cut more complex shapes.
- Drawing the shapes can help visualize the shape.

STAGE 8: CUTTING

COMPLEX SHAPES





DIFFICULTY SCALE



Easy



Medium



Hard

BEANBAG GAMES

THE BALANCER

PANCAKE FLIP

LITTLE HOPPER

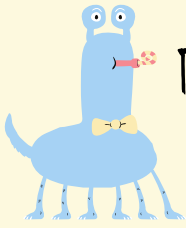
RUN AND LEAP

EASY THROW

FLICKING POOL

NOTES:





DIFFICULTY SCALE



Easy



Medium



Hard

TOOTHPICK ART

ART FOR TWO

CEREAL BOX PUZZLE

SCISSORS: STAGE 3 - 4

SCISSORS: STAGE 5 - 6

SCISSORS: STAGE 7 - 8

NOTES:



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