

Learning to do more with my fingers and hands

Age: 15–25 months

Resources: Different size toys, containers, pegboard, finger puppets

Activity:

It's important that your child explores different sized shapes using a pincer grip (thumb and finger). Support your child to take objects out of containers, packets, boxes and tubs, to increase fine motor control.

Developing the pincer grip can be supported through the following activities:

- **Encourage** your child to open a screw-type container and remove suitably safe sized objects.
- Using **hand and finger** puppets.
- **Increase** fine motor activities by making items smaller and harder to grip. For example, picking up counters, cubes, beads, coins, and small food items like when eating from a box of raisins.
- Ask your child to pick up **smaller objects** using the pincer grip. For example, playing with a pegboard.
- **Put toys in a bag** or box and ask your child to pull them out.
- **Introduce complex toys** which require pressing, turning, and pulling motions.



Notes:

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 3 of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email [**children@guidedogs.org.uk**](mailto:children@guidedogs.org.uk)