

Home Activities for Families with Young Children

Manipulative play helps your child build **fine motor skills** such as developing the strength and dexterity necessary to hold a pencil appropriately.

Play-Doh Fun

- Mold and roll Play-Doh® into ball, using the palms of the hands facing each other and with fingers curled slightly towards the palm.
- Roll Play-Doh® into tiny balls, about the size of peas, using only the fingertips.
- Use pegs or toothpicks to make designs in Play-Doh.®

Cutting

- Use things you have around the home! Cut-up junk mail or magazine subscription cards.
- Create fringe on the edge of a piece of construction paper by making small cuts.

Sorting

- Use a cupcake pan to sort and count objects. Fill each cupcake tin with various items such as cotton balls, buttons, magnet letters and more.



Expand your child's vocabulary by talking and asking questions during everyday routines. It supports **language development**, critical thinking, and it's extra bonding time, too!



Table Setting

- Set the table together and facilitate conversations, such as, "How many utensils do we need tonight?" or "If we have soup, what utensil do we use?" If your child grabs an apple, you can reinforce learning by saying, "Yes, that's a red apple." This exchange builds connection, supports vocabulary, and cultivates confidence.

Laundry

- Identify and talk about colors, count items, or sort by type of clothing and colors. When you sort, you encourage your child to learn about classification, colors and numbers. If you pick up a white sock, ask, "Where does this go?" and "Who does this sock belong to?"

Physical activity is essential to your child's growth and development, creating strong bones and muscles.

Wiggle

Wiggles are sensory activities that promote body stability, which is foundational to gross motor tasks. The following will increase large muscle endurance, and strengthen your child's awareness of their hands:

- Wheelbarrow walking and crab walking
- Clapping games (loud/quiet, on knees, together, etc.)
- Dancing or marching to music

Hand-Eye Coordination

Activities that focus on hand-eye coordination foster accuracy in placement, direction, and spatial awareness.

- Throw bean bags / rubber sensory balls into a hula-hoop placed flat on the floor. Gradually increase the distance between your child and the hoop.
- Play throw and catch with a ball. Start with a large ball and work toward a smaller ball.
- Practice hitting bowling pins with a ball. You can purchase these games or make your own with soda bottles and a small ball.

