



## Toddler hand control

1 - 3 years

**TIME:** 10 - 15 minutes

**SKILL:** Hand-eye coordination, fine motor control of hands

**REQUIREMENTS:** Comfortable place to sit with your toddler on your lap or beside you. Picture books with large, colourful images. Favourite hand-sized toys of your child (e.g. small figures, toy cars).

### Directions

1. Sit with your toddler, and read favourite picture books.
2. Point at the pictures and discuss the images.
3. Ask your child to turn the pages. Don't worry if your child decides to turn through all of the pages quickly before you have read them.

### Variation

- Sit with your toddler and pass favourite hand-sized toys back and forth. Discuss each toy.

### Benefits

- This activity helps your toddler to develop fine motor control in the hands, as well as hand-eye coordination.