Better Parenting

Little Hands Turn the Pages

Turn picture-book pages and give little hands fine-motor practice.

Helps Your Child Grow



Fine Motor

Turning pages in books made from different materials gives your baby practice controlling individual fingers and other small hand movements.

Steps

- Begin early book play with the simple action of turning pages. It is enjoyable and gives your baby practice controlling small finger movements.
- Hold your baby on your lap with a sturdy board book and talk about the pictures as you turn the pages.
- After several pages, invite a turn: “Can you help me turn the page?”
- If your baby catches only a corner, guide their hand to the page edge and turn it slowly together.
- Try cloth books or lift-the-flap books too. Pulling a flap or lifting a soft page reveals a new picture and invites another small hand movement.
- When your baby turns a page, respond to the action: “You turned it! What’s on this page?”

Tips

- Your baby may squeeze the pages firmly or turn several at once. These little slips are signs that their hands are actively practicing.

Observations

- ○ Uses their hands to open and turn pages in different picture books
- ○ Copies you by placing one hand at the edge of a page and trying to turn it