Better Parenting

Make a Little Book

Cut, arrange, bind, and decorate a one-of-a-kind book.

Helps Your Child Grow



Fine Motor

Aligning pages, pressing a stapler, cutting, gluing, or threading a binding gives your child practice controlling their hands and coordinating what they see with movement.



Cognitive Self-Regulation (Executive Functioning)

Following the project through arranging, binding, and decorating gives your child practice sustaining attention across a sequence of steps.

Steps

- Choose a topic your child currently loves, such as dogs. Gather white paper, related pictures, colored paper, scissors, glue, and a stapler.
- Decide how large the pages should be. Cut the paper, then ask your child to line up the sheets into a little book.
- Hold the pages steady with one hand and press the stapler down with the other. Try the motion together until it becomes familiar.
- Once the book is bound, cut out and glue the pictures onto the pages.
- Add decorations, such as a flower made from paper pieces or a colored border.
- When the book is complete, turn through it together and admire the finished project.

Tips

- A hole punch and cord can replace the stapler. Make only a few large holes and choose a somewhat stiff cord so threading is easier.

Observations

- ○ Tears colored paper into shapes and arranges them into a flower
- ○ Stays focused while binding the pages