



Busy Little Hands

Turn everyday moments before, during, and after bath time - taking off socks, playing with water, and drying off - into chances for your baby to practice using their hands.

Helps Your Child Grow



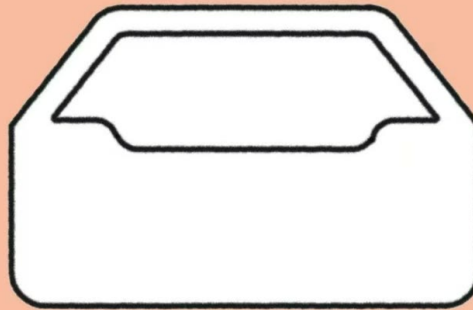
Fine Motor

Daily self-care tasks give your baby repeated practice controlling their hands and coordinating both hands together.



Exploration and Discovery

Interacting with everyday objects lets your baby test different hand actions and notice the result each action produces.



No materials needed

What You'll Need

No materials needed.



Pull Off a Sock

Before bath time, give your baby a small hands-on task: pulling off a sock. Give them time to try. Watching the sock stretch and the foot slowly appear may motivate them to keep pulling.

Observations

- Grasps the end of the sock and pulls it up firmly
- Pulls repeatedly on a sock and tries to take it off

Tips

- If needed, loosen the cuff and pull the sock partway off before inviting your baby to finish.
- Grasping and pulling help your baby practice #PMP-FiM.
- As your baby pulls, they can see how their hands change an object's position and shape.



Scoop and Pour

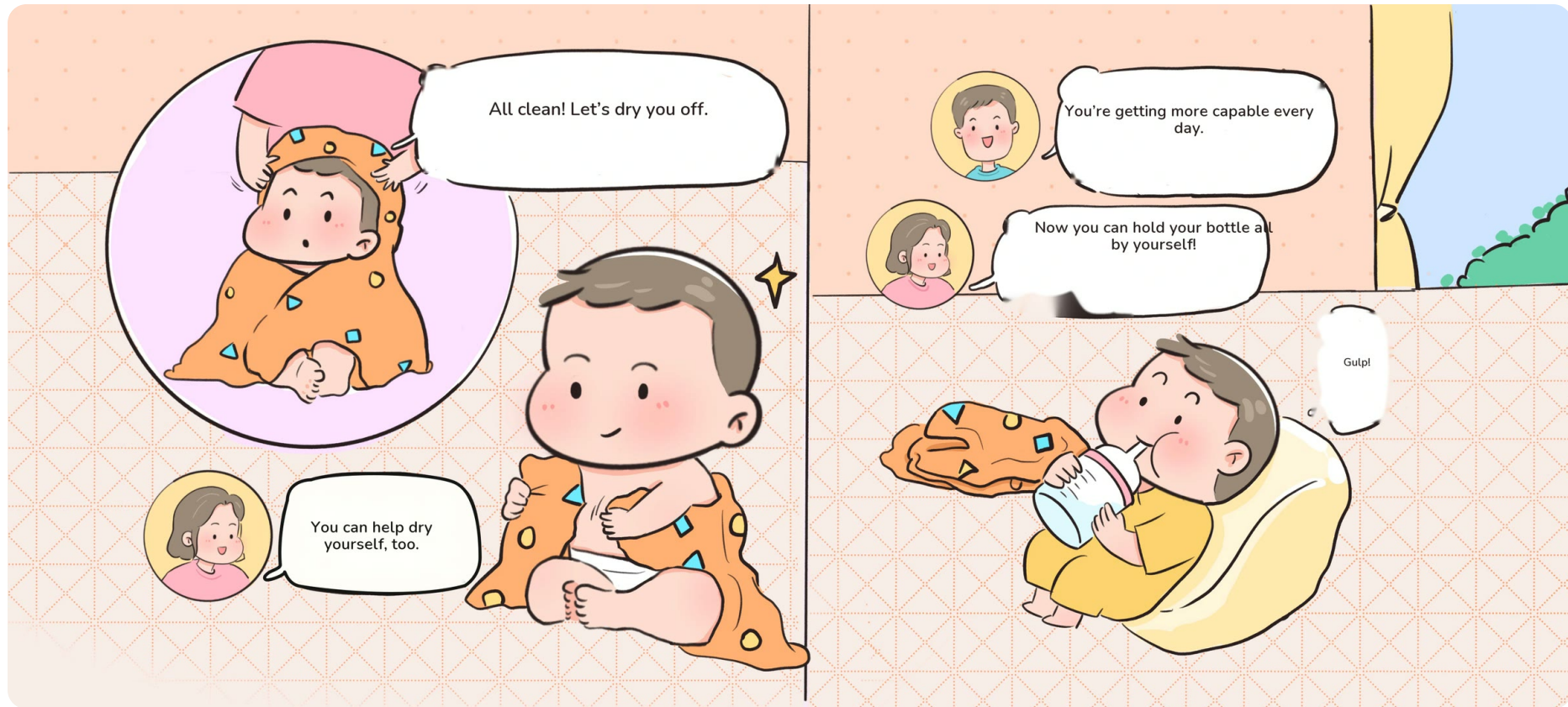
At bath time, offer a few bath toys your baby can handle. Join in by scooping, pouring, or patting the water so your baby has a playful reason to repeat different hand movements.

Observations

- Repeatedly scoops and pours water to watch it flow down
- Reaches into the water and grasps the small spoon

Tips

- Your baby can use many different hand movements here: grasping a toy, scooping water, pouring it out, patting, and catching the stream.
- Your demonstrations and responses may encourage your baby to imitate an action and keep trying.
- Watching water fill, pour, and splash gives your baby a visible result and a reason to repeat the movements.



My Hands Can Help

After the bath, invite your baby to help with a simple task such as patting their body with a towel. Praise even a small attempt so participation feels satisfying.

Observations

- Holds the bottle with both hands while drinking
- Looks at you after holding the bottle and finishing the milk

Tips

- Patting with a towel, holding a bottle, and similar helping actions give your baby practice grasping, stabilizing, moving the wrist, and using both hands together.
- Demonstrate one action first - such as gently patting the tummy with a towel or holding the bottle - then invite your baby to try.