

Catch My Finger

Walk one finger through your baby's view. When they catch it, move together on a tiny "adventure"; when they let go, let the finger slip away and invite another reach.

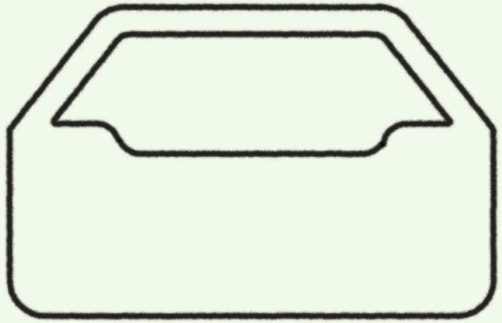
Helps Your Child Grow

Fine Motor

Reaching, grasping, releasing, and trying again helps your baby coordinate what their eyes see with how their hand moves.

Relationships with Adults

Responding warmly to each grasp creates a predictable, playful rhythm that supports trust and a sense of security.



No materials needed

What You'll Need

No materials needed.



A Finger Comes Knocking

Extend one finger and make it “walk” slowly into your baby’s view so they can watch and follow it. When your baby is focused, move the finger near their hand and gently tickle their palm, inviting them to reach and grasp.

Observations

- ◯ Watches your finger as it moves
- ◯ Giggles when you playfully engage them

Tips

- At this age, your baby is beginning to notice their hands but may not yet use them deliberately to reach. A gentle touch draws attention to the hand.
- As the grasp reflex fades and intentional grasping develops, bring an object near your baby’s hand and pause so they can initiate the reach.



Caught You - Now Escape!

When your baby grasps your finger, guide their hand gently up, down, side to side, or in a small circle, as if you are setting off on an adventure together. When they naturally release their grasp, pretend the finger has escaped.

Observations

- ◯ Grasps your finger after it touches their hand
- ◯ Holds your finger while moving together with you

Tips

- Hand control and grasping are still developing, so your baby may hold on only briefly before letting go.
- Your baby does not need to understand the adventure story. They can still enjoy your response and the movement you share.



Here Comes the Finger Again

After a short pause, bring the finger back into view and let it approach slowly. Remembering the earlier experience may prompt your baby to reach out before the finger touches their hand.

Observations

- ○ Reaches for your finger as it approaches
- ○ Repeats the finger-catching game with you

Tips

- Play a few rounds while your baby is interested. Enjoyable repetition gives them more chances to practice reaching and grasping.
- Approach from the left and right in turn so each hand gets a chance to respond.
- Try the same pause-and-reach pattern with a toy or cloth book during everyday play.