



Exploring Books

Books offer lots of opportunities to practice fine motor skills! Intentionally provide opportunities for children to strengthen their grips and fine motor skills by exploring books.

For example:

- ◆ Point to pictures in a book.
- ◆ Practice page-turning.
- ◆ Pair fingerplays or gestures with the story.
- ◆ Encourage children to take off/put back books on a bookshelf.

More Support: Model and narrate your use of fine motor skills during book readings. Allow children to explore freely and be nearby to offer guidance or help when needed.

Narrate or Label Use of Fine Motor Skills

“This page is hard to turn. I am going to use my pointer finger and thumb (*point to fingers*) to help me turn this page.”