



Fine Motor Meals

Snack or mealtime is a great time to practice new grips and to strengthen fine motor skills! While having a snack or a meal, you can:

- ◆ Point to and count the number of crackers and raisins on the plate.
- ◆ Pick up and sort snacks into piles of blueberries and grapes.
- ◆ Practice using spoons to scoop up snacks.
- ◆ Practice opening and unzipping snack containers or bags.

More Support: Intentionally provide children foods and opportunities that promote self-feeding. Model and narrate using fine motor skills during meals or snacks and acknowledge children's efforts.

Encourage Children to Try New Grips and Tools

"Try using your alligator fingers to pick up your blueberries."