

# Hand and Grasping Exercises with your Baby

Give your baby something large enough that they would need two hands to grab or hold onto it, such as a pillow, a beach ball, or a stuffed animal.

## Safety Tip!

A lot of these activities require for you to tie a string (or a ribbon, or something similar) to a toy. This can be a choking hazard for your baby so be with them at all times for these activities.

Place some items of distinguishable shapes and sizes in a basket for your baby to grab and explore (i.e. blocks, ball, loofah, ribbon, dry cereal, etc.)

When your baby is in a stroller or a car seat, tie a couple of toys on the top handle so they can reach for the toys or swing at them.

Give your baby a face cloth or a kitchen towel, but don't let go. Pull on one end lightly and see if your baby still holds on. Then, stop pulling and gently ease your pull so that they'll "win".

Give your baby junk mail or paper to scrunch or rip up. Just make sure you take away all of the small pieces.

Hold a toy above your baby's head and encourage them to raise their arms to try and grab it.

Tie some toys to a clothes hanger and while your baby is on their back, hold the hanger over them so they can grasp or swing at the toys.

Tie a couple of toys to hang from your baby's highchair. Encourage your baby to grab them by pulling on the string.

Give your baby a non-breakable cup or a sippy cup to drink from. Encourage them to grasp the handles or to hold the cup with two hands.



# Songs to Sing to your Baby

## The Itsy, Bitsy Spider

The itsy, bitsy spider climbed up the waterspout  
Down came the rain and washed the spider out.  
Out came the sun and dried up all the rain.  
And the itsy, bitsy spider climbed up the spout again.

## Tiny Tim

I had a little turtle. His name was Tiny Tim.  
I put him in the bathtub to see if he can swim.  
He drank up all the water (glug, glug, glug, glug).  
He ate up all the soap (yum, yum, yum).  
And now he's home sick in bed  
with bubbles in his throat.  
Bubble, bubble, bubble. Bubble, bubble, pop. (x2)

## Fe, Fi, Fo, Fum

*(Close your baby's fist)*  
Fe, fi, fo, fum *(Lift each of baby's finger)*  
Here are my fingers *(Wiggle baby's fingers)*  
and here is my thumb *(Lift baby's thumb)*  
Fe, fi, fo, fum *(Touch each finger)*  
Goodbye fingers  
*(Close baby's fingers into a fist)*  
Goodbye thumb *(Close baby's thumb)*

## **Singing Tip!**

Encourage your baby to do the hand and finger movements with these songs! Show them the movements with your own hands first.

