

Hand Watching

Age: 1-4 months



What's needed

A pair of mittens or gloves that fit the baby's hands.
(Choose a bright color.)

Scissors

What to do

Hand watching is a fun game that will help young infants develop hand-eye coordination.

1. Cut off the finger and thumb parts of the mittens so the fingers and thumbs are free to be sucked.
2. Place the mittens on babies' hands and allow time for them to explore.

If babies do not like this activity, remove the mittens and try again later. Try this activity several times and see how babies respond to their own hand movement. Try using only one mitten at a time. What do babies do with the hand that is not covered?

What children will learn

Small motor, visual skills