



NAME/TITLE	PUZZLES
AGE	6 to 12 months
DESCRIPTION	The ideal is to find wooden puzzles, preferably those with colourful shapes and figures. This activity is suitable for babies who are completing their first year of life. From then on, they are ready to start putting the pieces together. Start by explaining to your child how the game works, be patient and always celebrate when they do well. This activity can help develop fine motor skills, visual skills and problem-solving abilities.
LINKS, SOURCES	https://toquedemae.com.br/5-atividades-para-ajudar-no-desenvolvimento-de-bebes-de-6-a-12-meses/

NAME/TITLE	Activities to stimulate fine motor skills
AGE	Various
DESCRIPTION	Fine motor coordination can be stimulated with small activities that basically use the hands. For example: • Folding - this activity develops the muscles of the hands and can be worked on with children of different ages. The adult just needs to go through the steps so that the child can follow along; • Modelling clay - by moulding different shapes with clay, children are also developing their hand muscles and improving their fine motor coordination; • Drawing and tracing - during the literacy period, motor coordination can be worked on in conjunction with activities in which the child draws the letters. This is a common activity here at school; • Outdoor play - combines the stimulation of fine motor skills with sensory stimuli. Children have fun while developing their stimuli, through contact with the earth, grass and handling toys; • Colouring - this is one of the simplest and most effective activities for developing fine motor skills, as the child needs to hold the pencil, concentrate, fill in the spaces appropriately with colours, etc.





	As these activities are carried out, progress can be seen. If there are major difficulties in motor development, it is important to seek professional advice in order to identify whether the child has any limitations.
LINKS, SOURCES	https://toquedemae.com.br/category/desenvolvimento-motor/

NAME/TITLE	Fishing for caps in water
AGE	12 to 26 months
DESCRIPTION	The fishing activity with pats and a sieve is a great way to develop motor coordination and catching movements. To make it, you'll need the following items: A bucket or basin with water; Coloured plastic bottle caps (at least 10); A sieve. After sorting out the materials, place a cloth, towel or sheet where the game will take place to avoid messing up the water. Then place the bucket with the water in it and pour in all the coloured caps. Have the baby sit in a comfortable position in relation to the bucket, especially the height, and you can start the game. First, demonstrate how to pick up the lids with the sieve and then let them try on their own. If they start picking up the lids with their hands, that's fine. The important thing is to let them express themselves and develop gradually. As well as bottle caps, you can use coloured balls or plastic toys. Just use your imagination! You can also do this activity in the summer or on hot days, so that the fun is pleasant and prolonged. And remember to supervise, making sure the baby doesn't put the bottle tops or small toys in their mouth, which can be a big risk, so be careful!
LINKS, SOURCES	https://melhordobebe.com.br/atividades-para-coordenacao-motora/





NAME/TITLE	Sensory Exploration with Textured Fabrics
AGE	6 to 12 months
DESCRIPTION	This activity focuses on stimulating your baby's sense of touch and fine motor skills through sensory exploration. You will need a variety of textured fabrics or materials such as silk, velvet, cotton, burlap, and faux fur. Here's how to do it: Collect a selection of textured fabrics with different colors and patterns. You can use small fabric swatches or cut larger pieces into smaller squares for easier handling. Lay out the fabrics on a clean and safe play surface, such as a soft blanket or playmat. Make sure there are no small parts or loose threads that your baby could ingest. Sit with your baby on the play surface and encourage them to explore the fabrics using their hands and fingers. Let them touch, feel, and manipulate the different textures. Describe the textures and colors as your baby explores. Use words like "soft," "smooth," "rough," "fuzzy," and "cozy" to enhance their vocabulary. Encourage your baby to pick up and manipulate the fabric pieces. They can crinkle them, squeeze them, and rub them between their fingers. Supervise closely to ensure safety and prevent any fabric from being put in their mouth. This activity helps develop sensory awareness, fine motor skills, and language development as you describe the textures and colors. It's a simple and engaging way to provide sensory stimulation for your baby.
LINKS, SOURCES	https://melhordobebe.com.br/atividades-para-coordenacao-motora/





NAME/TITLE	Shape Sorting Fun
AGE	12 to 24 months
DESCRIPTION	Shape sorting is a fantastic activity to help toddlers develop their fine motor skills, hand-eye coordination, and cognitive abilities. You'll need a shape sorting toy for this activity, which typically consists of a container with holes and various shapes that match the holes. Here's how to engage your toddler: Introduce the Toy: Show your child the shape sorting toy and explain how it works. Point out the different shapes and the corresponding holes. Demonstrate Sorting: Start by demonstrating how to pick up a shape (e.g., a circle) and place it in the matching hole. Make sure your child observes how you do it. Encourage Participation: Encourage your child to try it themselves. Initially, they might struggle, but that's okay. Offer gentle guidance and praise their efforts. Explore Different Shapes: Explore the various shapes together. Ask questions like, "Can you find the square?" or "Where does the triangle go?" This promotes shape recognition and problem-solving. Celebrate Success: When your child successfully places a shape in the right hole, celebrate their achievement with claps and cheers. Positive reinforcement encourages them to keep trying. Repeat and Refine: Allow your child to repeat this activity as much as they want. Over time, their fine motor skills and understanding of shapes will improve. Variation: You can also create your own DIY shape sorting activity using cardboard and colored paper. Cut out shapes and corresponding holes, and let your child match them. This activity helps toddlers enhance their fine motor skills, hand-eye coordination, shape recognition, and problem-solving abilities in a fun and engaging way.
LINKS, SOURCES	https://melhordobebe.com.br/atividades-para-coordenacao-motora/

