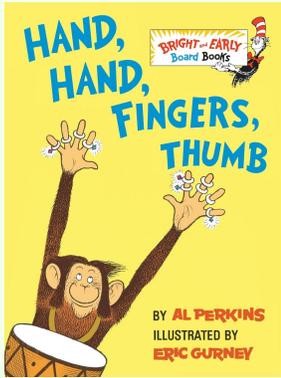


Hands & Fingers

Field Trip Idea: Visit the library for Baby & Me storytime

Book to add to your child's library: *Hand, Hand, Fingers, Thumb* by Al Perkins



BABY GAMES & LANGUAGE

These are Baby's Fingers

These are baby's fingers.
These are baby's toes.
This is baby's belly button
Round and round it goes.
(give a tickle at the end)

This Little Piggy

(use fingers to act out each little piggy)

This little piggy went to market,
This little piggy stayed home,
This little piggy had roast beef,
This little piggy had none,
This little piggy cried wee wee wee
All the way home.

Name the Fingers: Gently touch each finger and name it slowly: "thumb... finger... finger..." (no need for perfection. Rhythm and repetition matter).

Hands Talk: Open and close your hands while saying "hands open... hands closed," pausing to let baby respond with sounds or movement.

EXPLORATION

Where are Your Hands?

Cover baby's hands with a towel and ask "where are (child's name) hands? Lift the towel and say "Ah, there they are." Do the same thing again, asking "where are (child's name) fingers?" When you unveil the fingers, count each one to be sure they're all there!

Texture Touch: Offer safe items with different textures, and let your baby explore using their hands and fingers.

Mirror Hands: Sit with your baby in front of a mirror and move hands together, noticing reflections and movement.

Grasp & Release: Place a lightweight toy in baby's hand and allow time for grasping, holding, and releasing.

MUSIC & MOVEMENT

If You're Happy and You Know It
(clap baby's hands as you sing the song)

If you're happy and you know it,
clap your hands (clap clap),
If you're happy and you know it,
clap your hands (clap clap)
If you're happy and you know it,
Then your face will surely show it
If you're happy and you know it,
clap your hands (clap clap).

Pat A Cake

(clap baby's hands & gesture)
Pat a cake, Pat a cake, Baker's Man /
Bake me a cake as fast as you can. /
Pat it and prick it And mark it with a "B" /
Put it in the oven for baby and me.

Open, Shut Them

(Clap baby's hands to the beat.)
Open them, shut them,
Open them, shut them,
Make a little clap clap clap.
Open them, shut them,
Open them, shut them,
Put them in your lap lap lap.

RELATIONSHIP BUILDING / BONDING

Rock A Bye Baby

(rock baby in your arms)
Rock A Bye Baby in the treetop
When the wind blows the cradle will rock.
When the bough breaks, the cradle will fall.
Down will come baby, cradle, and all.

Hand Holding Time: Hold your baby's hands while making

eye contact and speaking softly or singing.

Gentle Hand Massage:

Using slow strokes, massage baby's palms and fingers, naming the movement: "Mommy rubs your hands."