WRITING in applesauce on a high chair with a finger, or scribbling with a crayon, helps baby develop fine motor skills. When you practice the first letter of their name, it further makes a connection between spoken and written words. Playing with play dough, LEGOs, or stringing beads are wonderful ways to increase these skills.

**BABY**

- Develop small motor skills by picking up leaves, flowers, twigs and rocks. This helps baby’s fingers prepare to write.
- Write with baby’s finger in warm or cold things, such as applesauce, ice water, baby food, rice cereal, sand. Talk about how it feels.

**TODDLER**

- Using a paint brush, paint with water on the sidewalk. Make various shapes.
- Practice small motor skills. Lace circle cereal on a string or a shoelace for a pretty edible necklace.

**PRESCHOOLERS**

- Use a piece of string or yarn to make the letters of your child’s name.
- Use a stick. Draw pictures in the dirt.

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**DO**

- Use your finger or a pencil to go from dot to dot. Practice saying your numbers as you attach each dot. Color the picture.

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**SAY!**

- **In SPANISH:** “Despiértate”
  (des-pe-YAIR-tah-tay)

- **In SIGN:**
  Thumb and pointer finger touch together next to your closed eye. The pointer finger lifts up as your eye opens, to say “Wake Up”!