



Little Things Lunch

#331

AGE GROUP



HOW DO I SET UP & PLAY?

Curiosity Spark - Can they pick up the object?

- Set out a few of baby/toddler's favourite finger foods from your list onto the table or highchair tray in front of them at morning tea/lunch/afternoon tea (whenever they are least tired!)
- Fasten the bowl to the tray or table then encourage the child to pick up the little pieces of food using their fingers.
- They will also naturally try to put them in and out of the bowl as this age group loves experiment with filling and tipping.
- Try not to take over but instead observe their problem solving and the grasp they use.
- Around 6 months a baby might display the action of sliding an object toward the hand, covering it with the palm and squeezing it into the fist to bring it closer.
- The next progression is to a more effective pincer grip and greater dexterity - the use of forefinger and thumb.

WHAT MATERIALS DO I NEED?

- Small pieces of finger food like cheese cubes, soft carrot cubes, cubed melon, grated carrot, chopped avocado, soft pasta shells - modify for the age and developmental stage of the child you are doing this activity with.
- Highchair tray or seat at the table
- Toddler size bowl that you can fasten to the table/tray surface.



Building My Social & Emotional Health



Challenging my fine motor muscles



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EXTENDING LEARNING SPARKS

- Put some colourful stickers, dots or shapes onto the black cardboard underneath the gel bag. Encourage older children to see if they can move the stars and gel around until they 'find' the pictures and they can be seen through the plastic.
- Place a photo of a family member or familiar face into the bag next time instead of stars and mix the gel with a few drops of red food colouring. Children will need to press and push the gel out of the way to see the photo face.

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- Toddler size bowl that you can fasten to the table/tray surface.



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