

Dropping Objects

See the block fall?

Invite your baby to practice dropping things, especially things that make a noise when they land.

Picking up and dropping objects helps your baby gain more control of the muscles in her hands.





Why this is important

At this age, your baby can hold things very well but cannot always let them go when she wants. Opening her fingers is a different process from closing them, and learning to control the muscles in her hands will take her a lot of time and practice. Early hand control helps her manipulate objects during play. Later, she will need to control the muscles in her hands when she starts holding crayons and pencils for drawing.

What you do

- Show her a toy in your hand. When she looks at it, open your fingers and let the toy drop.
- Repeat the motion, saying *Drop* as it falls. Keep a short dropping distance so she'll be able to see your hand and the dropped object at the same time.
- Encourage her to try after you have shown her several times.
- Give an enthusiastic response with each attempt she makes. *Wow! You dropped the block by yourself!*
- Play again using a ball that bounces or a bell that makes a noise when it hits the floor. She may show more interest in a toy that produces a sound when dropped.
- Listen for any sounds she makes when she lets go of the ball. This is her attempt to imitate you when you say, *Drop*.

Another idea

Try playing the game during bath time. Dropping objects in the water makes a fun splash that may encourage her to continue practicing her new skill.

Let's read together!

Dear Zoo
by Rod Campbell