

Early Literacy Activity

Lids for Learning!

Learning to grasp and turn everyday items builds the muscles in Baby's hands, getting them ready for holding writing tools later!

Gather a variety of clean food containers with lids (jars, bottles, cartons):

The more variety in the size and shape of the containers, the more practice there is for developing hand muscles.

Off and On: Encourage Baby to take the lids off and put them back on as many times as they are interested in doing so.



Just hold it... Even very young infants can practice their grip. Instead of bottles or jars, encourage them to grasp your hand or finger... Not only does this strengthen the muscles in their hands, it strengthens the bond between Baby and you, too!

*****Supervision Recommended*****

Depending on their size, lids could be a potential choking hazard. Play alongside Baby to help keep them safe!

Build a Reader Every Day: READ—WRITE—TALK—SING—PLAY

WRITE