

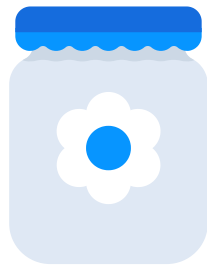
Zip and Open: Using Fingers and Controlling Small Muscles

Instructions:

1. Gather the objects and place them in the bag.
2. Show your child the tote bag. Demonstrate how to unzip it.
3. Explore together. Zip, unzip. Take an object out the bag. Zip it back up.
4. Show you child how to open each object. Take off the lids. Put the lids on.
5. When your child is done playing, zip everything back into the tote and save it for another day.

Materials:

- Larger cosmetic bag or zippered tote
- Household objects that exercise the fingers (such as a small jar with screw-on lid, pen with cap, plastic jar with pop-off lid, interlocking blocks, or plastic eggs)
- Toddler book or lift-the-flap book



What they learn:

Motor:

- Your child is using their hands together to unzip and zip. Your child needs to use one hand to hold the zipper while he pulls with the fingers of his other hand.
- Opening jars enhances the rotation controls your child's forearm.
- Zipping and unzipping exercises your child's pincer grasp. These muscles and skills are used for writing.