



Mess-free painting!

This is a great mess-free sensory experience for your baby! If you don't have a canvas, you can always use paper, or tape paper to a small table. Put several blobs of different colour paints onto to paper, and then cover it all in cling film. Allow baby to move the paint around with their hands and feet. Talk to them throughout - "does it feel cold?", "what colours can you see?", "are you using your hands?". Do they notice that they are leaving marks as a result of their movements?

Links to EYFS

Physical development - moving and handling

Makes connections between their movements and the marks they make (16-26)

Expressive arts and design - exploring using media and materials

Notices and is interested in the effects of movements which leave marks (8-20)

Mirrors



Mirrors help a babies development in many ways; ways you may not even realise. Here is a list of some ways a mirror can enhance your baby's development.

- Promotes visual tracking.
- Promotes concentration - along with the mobiles you can see long periods of concentration in a very young child.
- Brings joy - often when you see a mirror in a store or even in the bathroom this will please the young infant, they may smile or may even laugh. Babies often love to look at faces, including their own.
- Promotes independent play - the child is not reliant on an adult to entertain them.
- Promotes free movement - encourages parents to spend more time with the child in the movement area, gives the child more time to move and get to know their body. Can also encourage the child during tummy time.
- Promotes coordinated movement - At this age, they do not recognise that it is them, but they will begin to make connections between their limb movements.
- Allows the child to view the rest of their/the room and over time allows them to visually map the room, this is especially beneficial for infants that are not able to move or crawl.

Links to EYFS

Personal, social and emotional development - making relationships

Gazes at faces and copies facial movements. e.g. sticking out tongue, opening mouth and widening eyes (0-11)

Communication and language - listening and attention

Concentrates intently on an object or activity of own choosing for short periods (8-20)

Physical development - moving and handling

Watches and explores hands and feet, e.g. when lying on back lifts legs into vertical position and grasps feet (0-11)



My Senses: Smell

Edible Sensory Recipe

You will need:

Pineapple
Eggs
Milk (optional)
Large tray

Method

This edible sensory recipe is designed to explore the sense of smell, while not necessarily stimulating other senses. Let the baby explore with their hands in the knowledge that everything they are touching can be safely eaten.

1. Prepare the pineapple. Ensure all the spikey skin is removed. The pineapple can be cut into rings or chunks, that bit is up to you.
2. Use the eggs and milk to make scrambled egg. Whisk the eggs and add a dash of milk. Microwave for approximately 1 minute 30 seconds. Allow to cool.
3. Spread the pineapple out on the one side of the tray.
4. Spread the cooled scrambled egg out on the other side of the tray.
5. Get playing! Allow the babies to explore the contrasting smells, the sweet pineapple and the savoury egg. Do they enjoy both of the smells?

*Disclaimer

- *This recipe is intended to be used as soon as it has been made and not to be stored for future use.
- **If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.

Senses - smell

If you do not have the ingredients for this one at home, then please don't go out to buy them. Instead think of other contrasting smelling food items that you have in your cupboard. Ensure nothing is a choking hazard and that it is all safe for your child to consume. Let them enjoy playing with it and exploring the sensory experience.

Links to EYFS

Physical development - moving and handling

Enjoys the sensory experience of damp sand, paste and paint (8-20)

Communication and language - listening and attention

Has a strong exploratory impulse (8-20)