



**sensory play**

# sensory play

Babies and toddlers are constantly developing and a big part of how they learn is through their senses. It is great to give them opportunities to explore through stimulating, sensory play.

## Stimulating the senses

Sense:	Examples:
Sight	→ Mirrors, bold contrasting colours (black & white for babies), bubbles.
Smell	→ Smell, scented playdough, oranges, herbs added to water.
Taste	→ Jelly, cooked spaghetti, cooking together.
Hearing	→ Foil blanket, shakers and bells, saucepans and wooden spoons.
Touch	→ Wood, metal, ice, shells, fircones, pebbles.
Vestibular (sense of balance)	→ Action songs, rolling, jumping, crawling, hanging upside down.
Proprioception (awareness of position and movement of the body)	→ Pushing and pulling objects, cardboard boxes, riding trikes/bikes.

## Mouthing toys

Babies need to mouth objects to enable them to develop a growing interest in the world around them and to help with weaning. The mouth and tongue have lots of nerve endings which allow the baby to explore texture and taste of objects.



## Brain development

Sensory experiences build nerve connections within the developing brain's neural pathways.



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