



Nanny 'n me for nannies at home



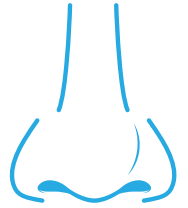
SENSORY WEEK

What are our senses?



Our senses are the way we experience outside the world:

seeing, touching, tasting, smelling and hearing!



And we also have two senses that teach us about our inside world:

moving and balance!

These senses start developing from when baby is in Mom's tummy!

How can we make sure that our children's senses keep developing?

The best way to improve your child's sensory development is through **Play**

When your child uses more than one sense to do something, they will learn more.

When you play with them let them touch and see or smell and taste!

The more senses they use the better!

Even adults learn more when they use more than one sense like seeing and hearing about something!



How should we play?

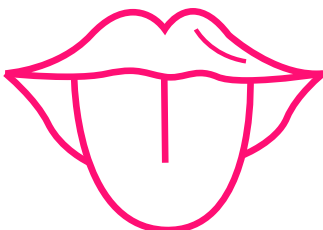
You should give your child lots of different things to feel, touch, taste, see and hear.

If you have a baby talk to them about the different colours, sounds, tastes and textures.

"Look at this red blanket. It's so soft"

"Can you taste the sweet yoghurt? It feels slimy on your fingers"

If you have a toddler ask them about the different colours, sounds, tastes and textures and where those body parts are!



"What colour is this bowl?"

"Does this ice feel hot or cold?"

"Where are your eyes?"





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SENSORY WEEK

Baby activities

- Messy play with food (porridge, jelly)
- Mix of lentils and rice- hide objects inside and find objects while feeling textures
- Tear newspaper or magazines
- Make bubbles with soap and water
- Water play - use cups and bowls to pour water
- Make toilet roll shakers - put rice or other inside toilet roll and close it up.
- Create a sensory bottle using a water bottle with water and small objects inside for baby to look at.
- Ball bouncing. Roll, bounce and move around on a ball.

Toddler activities

- Fun smell test with different smells you have around the house. (spices, fruit, sauces)
- Baking. Allow your child to taste, smell, feel as you bake!
- Make a musical instrument from things in your home like a drum or a shaker
- Water play - use cups and bowls in water
- Ball bouncing. Roll, bounce and move around on a ball.
- Mix some spice with water and allow them to paint with their fingers!
- Explore in nature. Walk around your garden and see what you can see, hear and feel. Find leaves to explore or listen to the cars go by.

Send pictures to your facilitators of all the fun activities you are doing with your children at home!

Let's play and Learn!