



Baby Warm Up



Developmental Overview - Sensory Development

Exploring food



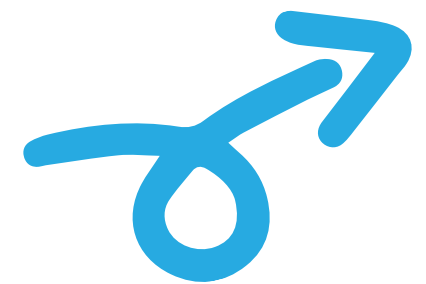
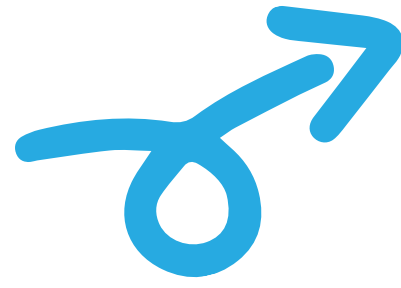
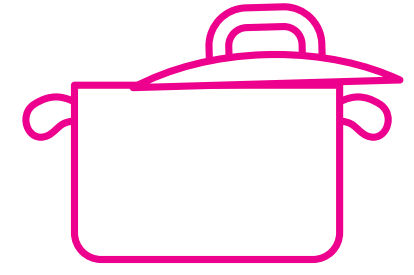
You will need:

Wooden spoon

Pot

Messy clothes

Food tray



Yoghurt or any other preferred food that will encourage messy food exploration (fruit puree or custard are great alternatives)

Method:

1. Use the pot and wooden spoon to play along to the Sensory Song! Sing some of your other favourite songs too!
2. Pour the cool, edible ingredient onto a tray or use your pot
3. Allow your baby to explore – as your baby squeezes, tastes, pokes and plays with the yoghurt keep talking to your baby and describe what the yoghurt feels like (smooth, lumpy etc.) as well as what the temperature is
4. Encourage your baby to explore in different positions (sitting, lying on tummy, standing etc.)
5. Once your little one's attention starts to wane, you can clean his/her hands whilst singing the “Nanny ‘n Me hand-wash song”



✓ Activity Tip:

Talk to your little one about the temperature, taste and texture of the yoghurt.

For younger babies - roll up a towel or use your leg to support them.

