



# Baby Warm up



## Sensory Development

### 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:

- Use the pot and wooden spoon to play along to the Sensory Song! Sing some of your other favourite songs too!
- Pour the cool, edible ingredient onto a tray or use your pot
- 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.
- Encourage your baby to explore in different positions (sitting, lying on their tummy, standing etc)
- Once their attention starts to wane, you can then clean their hands off with a wet wipe or soap and water whilst singing the “Nanny ‘n Me hand-wash song”

