

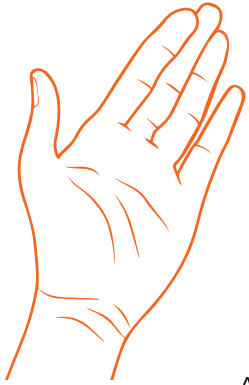


# Nanny 'n Me for nannies at home



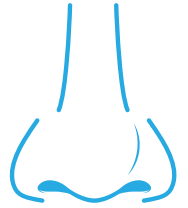
## SENSORY WEEK

### 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?

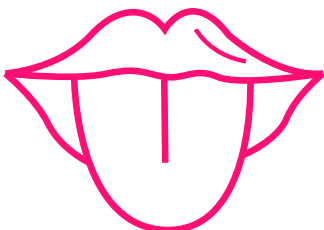
You should give your child lots of different things to feel, touch, taste, see and hear.

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?"**





# Nanny 'n Me for nannies at home



## 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!**