



NANNY 'N ME

TODDLER SENSORY MOTOR DEVELOPMENT

SENSORY MOTOR DEVELOPMENT

We are looking at how your toddler's sensory system and big muscle system work together for them to be able to interact with and learn about the world. If your child is between the age of 0 and 2 years old they are in the Sensorimotor stage. This means that they use their senses and movement to play and learn about the world.



PROPRIOCEPTION. RUNNING AND JUMPING

When a toddler runs and jumps, they receive

- Strong proprioceptive (body awareness) feedback i.e. about where their body is in space
- Strong touch feedback (e.g. when coming into contact with the ground, on impact, they receive strong touch feedback from their foot coming into contact with the ground.

Many children enjoy this more intense feeling / sensory feedback and the brain interprets this. As a result, they want to run and jump more.



THEME FOR THE WEEK

Having a theme for the week allows your little one to start to learn concepts such as colour and language. By repeating similar songs, words and books your little one's learning will be stimulated. This weeks theme is the Zebra!



SONG OF THE WEEK

(to the tune of I'm a little teapot)
I'm a little zebra, I have stripes
With a mane, I am black and white
I like to have fun with my friends
By rolling in the dusty African plains!



ACTIVITY IDEAS:

Make your own binoculars by gluing two toilet roll inners together. Draw some stripes on your binoculars and go on a safari!

Pretend play and encourage your toddler to look through their binoculars to try and find the zebras. Once they have spotted a zebra, go and 'catch' it by crawling over and under pillows, tables etc. to fetch the zebras- this activates the big muscles and stimulates their sense of body awareness.

