

Sight, Touch, Taste, PLAY!

Sensory Exploration 0-3 years old

Sight:

- To nurture sight and touch experiences, place your baby on a soft blanket and billow a scarf overhead or offer a variety of objects for your child to touch.
- Kid-friendly cabinets. Turn some low-lying cabinets into exploration shelves, stacked with things a toddler can pull out, bang together, and shake around. Though the items are child-safe, be sure to supervise.
- Examine nature. Encourage your child to pick up leaves and rocks, feel the bark on trees, and collect bugs

Touch:

- Playing with water is a favorite activity for babies. Fill a large, shallow bowl with water and provide your upright baby with simple scooping tools for open-ended exploration.
- Tearing and feeling wet paper: The simple ingredients of paper, water, and a large tub make this engaging activity fun for your child and easy for you.
- Tactile toys. Toddlers love to use their sense of touch. Set your older toddler up with some Play-Doh (store-bought or homemade), finger paint, or other age-appropriate materials that can safely be squeezed, patted, poked, and prodded.
- Younger toddlers will like wrapping paper, wax paper, or textured toys that are fun to touch and crinkle

Everyday Play:

- Kids often want to examine everyday items most of us overlook. Bugs, rocks, lawn ornaments, fallen leaves, parked cars — they're all fascinating to toddlers. Encourage them to touch bark, examine twigs, watch spiders, or look at the colors of lights and shop signs, watch doors opening and closing, trucks idling, and people boarding buses.
- Household toy box. To encourage imagination, create a toy box with dolls, safe housekeeping items like clean sponges or brushes, dress-up clothes, and toy telephones (without dangerous cords). Plastic containers with lids, plastic cups and plates, and just about anything you can stack, pile, fill and empty, or nest also make great toys for toddlers.

Taste:

- Cook Spaghetti and allow to cool, your baby will love feeling and tasting the slimy texture! You can add baby food to the spaghetti as well to create a new taste with every play time!

Note to Parents:

Supervise, but step back. Pay attention to your urges to help. After providing the materials your child needs, fight the urge to over manage the activity. If your child wants to bang blocks together, don't intervene unless there's the chance that someone might get hurt.