

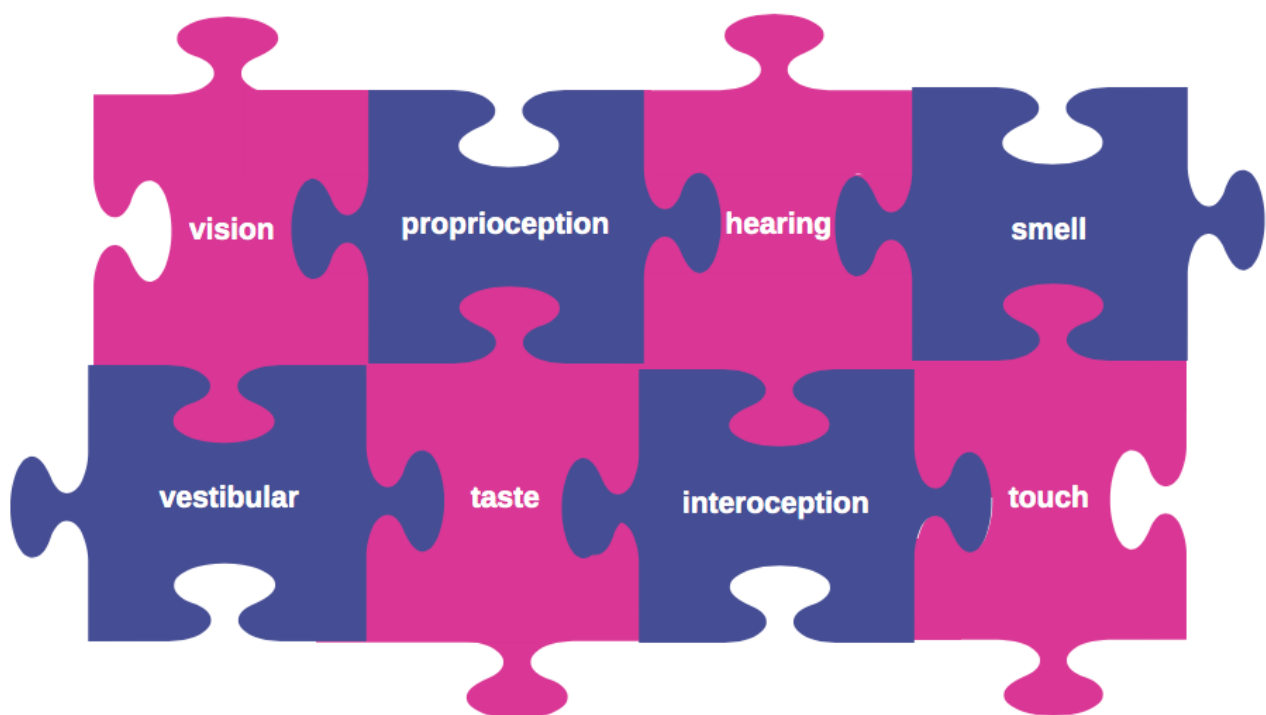
introduction to our senses

We constantly receive and process information we receive from our senses which helps us understand our world.

When our little ones are born the areas in their brain that process sensory information are not yet 'connected', playing in a sensory rich way helps to make new connections between areas and repetition makes these connections stronger.

We have 8 senses that contribute to our sensory development.

Our Sensory World



introduction to our senses



Vision - information from the brain is processed in the occipital lobe of the brain. Least developed sense at birth.



Proprioception - our body position sense, information from our muscles and joints tell our brain where our body is in space.



Hearing - our auditory system is fully developed at birth, information is processed in the temporal lobe of our brains



Smell - our smell receptors in our nose send information to our brain through the area in our brain responsible for emotional memories before sending it to our parietal lobe for processing. This is why a smell can trigger a strong memory.

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Vestibular - is our balance system which works alongside our other systems to ensure we move smoothly and efficiently



Taste - our mouths send information to our brains regarding what we're eating or drinking. This information includes temperature, texture and taste.



Interoception - our internal organs giving us information on our needs e.g. hunger, thirst, toileting, digestion



Touch - information received from the skin on temperature, pain, touch & pressure. As babies are touched their brains begin to form an internal map of their body. This awareness is essential for motor and perceptual skills later on.

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We combine all of the information that comes from all of our senses all of the time. As adults we are able to screen the information we receive from our senses quickly and respond to it, this is called sensory integration. Our babies aren't yet able to do this and they receive all of the information from each of their senses as individual messages which is why we need to be careful to pace our babies, to ensure that they don't become overstimulated.

Play - rest - play is a great strategy for pacing our babies, doing an activity with them, giving them a rest to process everything they have learnt, feed change and relax, and then doing another activity.

