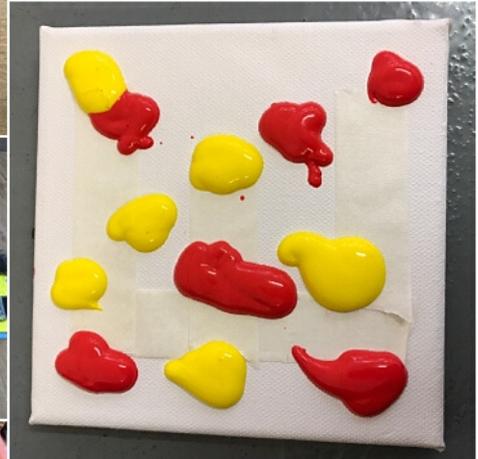
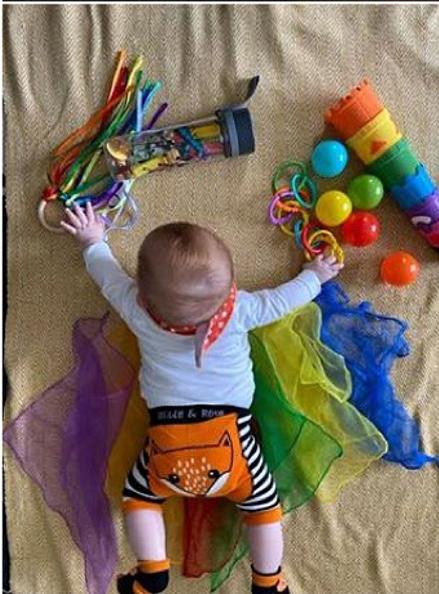


# Play in May - week four



# Play in May

Welcome along to week 4 of our Play in May themed printables.

Each week we'll be sending you a printable with some different activities that you can try with our little one during lockdown. We'll give you information on why it is beneficial for your baby's brain & their sensory development too.

We really want to give you opportunities to play during your week, it helps add structure, is incredible for helping your little one develop brain connections, adds structure during this unusual time and can help bring us all together.

This pack is full of play suggestions, ideas on activities you can do with your little one, repeat them, choose your favourites, miss a day, work around your family, there is no strict way to play and nobody is ever behind.

Please post photos in our facebook group. We would LOVE to see what you get up to.



# Play in May

**Safety first** - These activities are suggestions of how to engage your baby in play. They need to be carried out with adult supervision and you taking full responsibility for your baby during play. Please ensure that your little one is supervised with the toy at all times. Keep your little one in arms reach and eye sight when they are playing.



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# sensory baskets



Sensory baskets are an amazing way to engage your little one in play. You can collect a random selection of items or put your basket together around a theme. It is a great way to have genuine conversations with your little one and after it has been prepared use it often to help your baby develop their skills. We love to put our baskets together around a story and include textures, colours and noises together that compliment it.

For our youngest babies talk them through what they are looking at, let them feel and touch the textures and help support them to engage. A book is a lovely way to have an authentic conversation with your baby,

For our sitters, put the basket in front of them when they are in a sitting position and encourage lots of reaching, grabbing and two handed play.

For our movers, try to encourage lots of moving around, collecting things for the basket or taking things out of it.

# peek a boo



Peek a boo is an amazing game for our baby's sensory development and development of their motor skills. When playing peek a boo they are working on their visual development, ocular motor control, processing texture, fine motor skills, gross motor skills, hand-eye co-ordination, their balance, their problem solving skills and their memory.

We use chiffons when playing peek a boo as they are amazing for maintaining eye contact and it is a really easy activity to grade as your little one gets older.

For our youngest babies, lie them on their back and over their eye line or over your eyeline lift and lower the scarf. Maintain eye contact, give them big smiles, use your little one's name and take the scarf back and shout peek a boo. Let your little one feel and touch the chiffon.

# peek a boo

For our sitting babies pop the scarf over them and look for them to take the scarf off using their hand-eye co-ordination. Your little one might lean back when pulling the scarf off so be there to give them some extra support with sitting if needed. You can act really surprised as they lift the chiffon off.

Next stage is for you to put the scarf over you and for your little one to use their visual skills and motor skills to lean towards you and pull the scarf off you.

The final stage is encouraging them to lift and lower the chiffon so they are in control of the scarf and they are inviting you to play. It is a really great opportunity for them to practice their skills, the start of them really communicating with your play set up and your little one inviting you along to play.

Make it a really interactive and fun activity that you can enjoy with your little one, they will really appreciate the attention and repeat it often as repetition is amazing for baby brain development!

# inflatables



Adding an inflatable into your play sessions is an amazing way to give our little ones a great sense of texture, an opportunity to work on their balance and information on where their bodies are in space. It is a great way to work on our foundation senses.

This activity is for little one's who have their full head control and are able to support their head and neck unaided. Popping your little one on the inflatable and giving them an opportunity to touch it and do very small bounces is amazing. Use it for very little periods of time initially, your baby will be receiving lots of information through their balance system so we want to ensure we don't overstimulate them and as they get use to the sensation you can use it for slightly long periods.

Always ensure that your little one is fully supported at all times while they are on the inflatable and once they are able to put their feet on the floor support them with one hand. A cushioned surface is amazing for the activity too.

# ladybird area



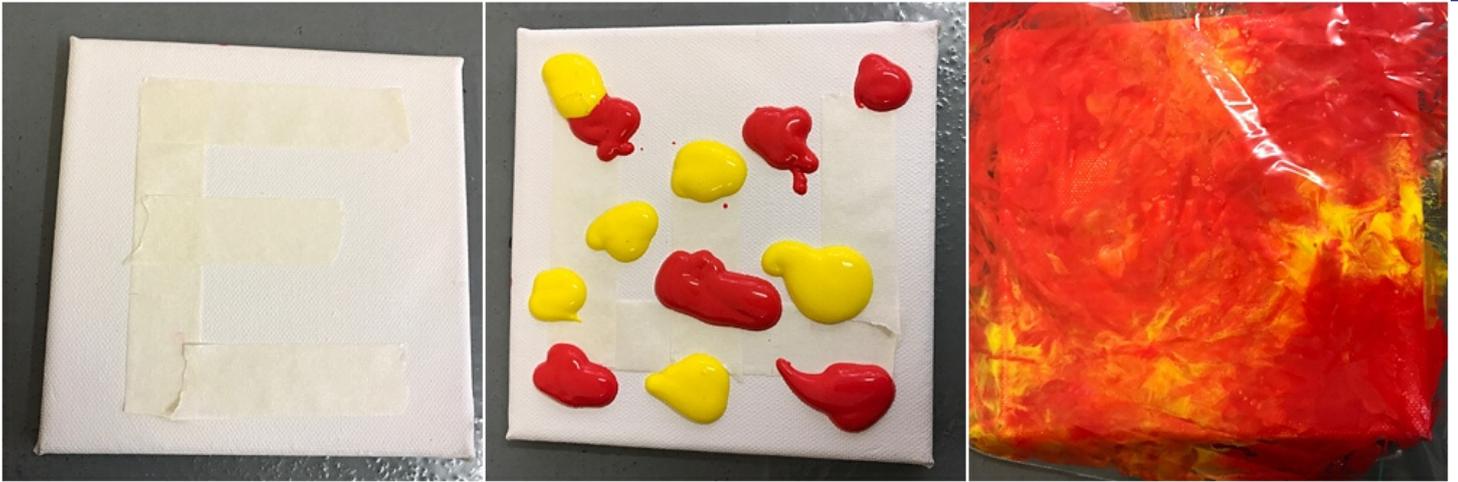
We are adding red into our contrast play area this week, it is one of the first colours our little one's see in focus and it is amazing to give them an opportunity to give the a play space that helps their visual development.

Have a hunt for some single colour red toys and place them on the same background or a contrast background. In our playspace we've added a book about ladybirds, red toys, finger puppets, a wheelie bug for movement and some black net and chiffons as our contrast fabrics. You could also add in some of the black, white and red contrast cards from our printable or create your own!

Have a hunt to see if you have any contrast available at home, digging out some dark clothing, black kitchen utensils and some red links would be an amazing start.

You'll notice your little one really focusing on the play area as they are able to see it in focus.

# initial canvas



Over the past couple of weeks we've done some no mess painting with our little ones by popping some printed images and paint into a bag and encouraging our little ones to engage with the process and the texture.

For our no mess activity today we applied masking tape to a canvas popped some paint on and encouraged our little ones to feel and touch and cover the entire canvas with colour. Once it is done, cut it out of the bag and carefully remove the masking tape to reveal the initial or picture underneath. Let the paint dry and you can display the canvas. We used a layered canvas and if you use washable paint you can remove any smudges with a baby wipe.



We use initials often during our sessions as they are easy to create but patterns work amazingly well.

We'd love to see what you create with your baby!

# rainbow themed activity

Our rainbow themed activity is in appreciation of our NHS staff and all the keyworkers who are keeping us all well and safe. This will feature in our Thursday sensory class.

There is a whole printable of rainbow inspired activities on the members club.



# rainbow themed playspace



Lets use all of the rainbow themed ribbons, shakers and home made rainbows we've been creating over the last few weeks to create a rainbow themed play space at home. Think about the textures you add to the play space, some toys that your little one has to hold differently to support their fine motor skills and some single colour toys or props would be amazing too.

Start with your fabrics and put some different colours under your little one's body and layout your play space in an arc around your little one. You might include some shakers, stacking cups, music instruments, chiffons, maybe a book and some balls.

Our play session on Thursday is going to feature our rainbow play spaces, we'd love to see what you create!