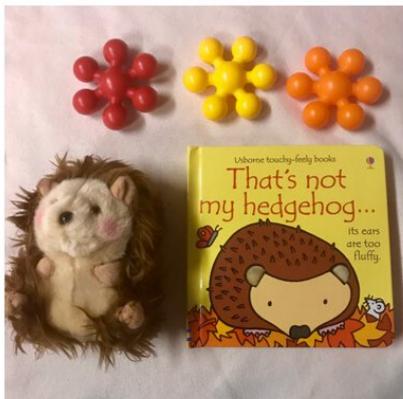
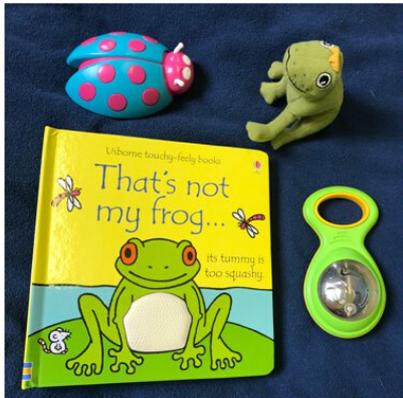
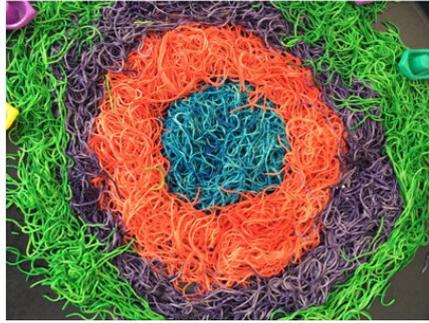


how we played today



how we played today

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. Please only do this play pattern after attending a session or demonstration from our team.



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how we played today

Thanks for joining our play along session. We hope that you had fun playing with your baby during our led play session.

On our kit list today -

- chiffon, scarf or muslin cloth
- music instrument or shaker
- small toy for tracking

We used our sensory systems to engage in play and every area of our brain as we did our session together

rub, rub, rub - helps our babies understand where their bodies are in space, giving them information on their positioning through their muscles and joints. We spoke to our little ones, made amazing eye contact and gave them a really good sense of touch.

Chiffon - with our chiffon we did two different activities, we encouraged our little one's visual processing skills by giving them lots of information to take in and then encouraged them to use both of their eyes together to focus on us. We promoted texture, auditory processing and their sense of hearing too.



how we played today

music instrument - with our instrument we were all about tracking a noise, feeling and touching it and our motor skills.

small toy - we did our 4 tracking activities with our babies to help them focus, track a slow moving object, work on seeing something in focus as it moves towards us and moves away too and we helped on their visual discrimination skills, encouraging bilateral co-ordination too.

tummy time - we felt different textures, built up our muscles and enjoyed baby led tummy time

before having our **calming cuddle** which gave us calming input through all of our muscles joints and sensory systems.

So much benefit to our brain, sensory systems and motor skills from one little play session!

Do repeat the play pattern - repetition is amazing for baby brain development.

