

# play pack - textures & fine motor skills



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Welcome along to our first play pack printable, this week we focus on introducing textures into play and our fine motor control.

Each week in November we'll be sending you a printable with some different activities that you can try with our little one. 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.



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**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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# fine motor skills play session



It is really important that our little one's learn how to manipulate lots of different objects, it helps their fine finger control and their ability to develop different grips like palmer grasp (where they use their whole hand) and pincer grip (where they hold smaller items between a finger and their thumb).

This week we'd love you to choose 4 or 5 toys that are different textures and that your little one would hold differently and arrange an exploratory play session to help their fine finger control. You might choose a plush toy, a link, starlink, a music toy, a book, a block or a ball.

For our smallest babies open little hands up and let them feel around corners, lie them on their side so both hands come together to play. For our sitters pop the toy in front of them so they can use both hands to manipulate bigger objects and single hands for smaller items, make sure they get an opportunity to use both hands.

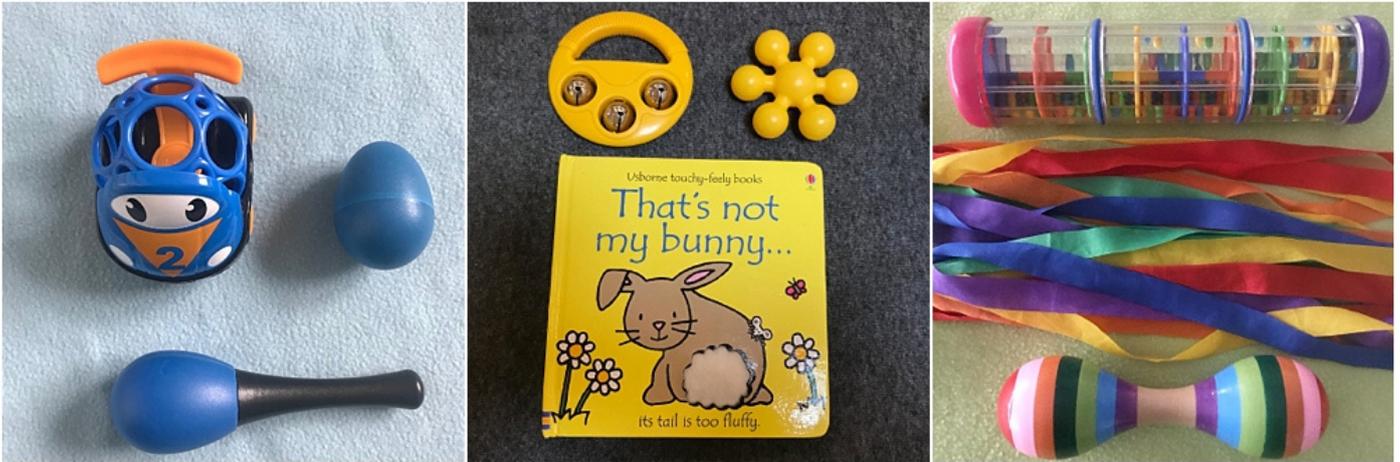
# 3 texture colour match



this is a really quick idea which is a great activity to repeat often with your little one.

Take 3 toys that colour match and are maybe different textures or we hold and touch differently and do some simple toy rotation with them. First give them the smallest toy, explain to them what they are looking at, let them hold and touch, using one hand and both hands working together. Let them really interact without lots of distractions for a minute or two. Then move onto the largest of the toys, have fun with a plush toy, read a book together, let them feel and touch a different texture so they are having to think about their fine motor skills while looking at something different and feeling a new texture, again do this for a minute or two. Then give them the last toy in the same way for a minute or two. This really helps with concentration, doing a toy rotation in this way. Your final activity is to get your little one in a different position and let them engage with all the toys, so pop your little one in tummy time, side lying, on their back.

# 3 texture colour match



For our older ones we can move the toys around to encourage moving or put it on a surface so they are supported on their feet and let them engage with all of the toys for a minute or two.

This 8 - 10 minute play pattern helps your little one's fine motor skills, gross motor skills, co-ordination, balance, concentration, awareness of two sides of their body, hand-eye co-ordination, their ability to process textures, visual skills, listening skills. You'll find that your little one's ability to engage with the three toys varies depending on their level of alertness and concentration skills but you'll also notice their ability to engage with the three toys increases the more you practice, repetition is amazing for baby brain development. Initially use the same toys a couple of times and then vary the toys.

Practice this pattern often, it is really amazing for little baby brains and their sensory skills.

# 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!