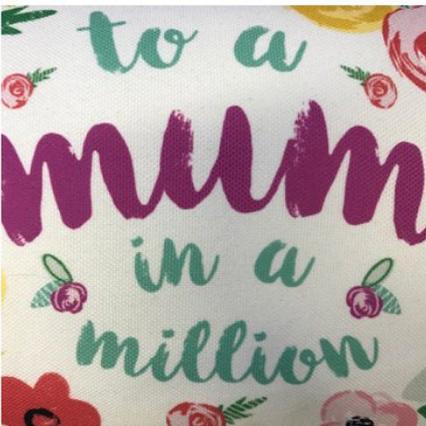


Mother's Day themed activity pack



Mother's Day themed activity pack

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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Mother's Day cards



One of the most popular activities we would do in our in person sessions to celebrate mother's day is to create rose prints using a tiny bit of non toxic paint and a celery head. This is an amazing printing activity that helps our sitters with their hand-eye co-ordination and is a great one to do in a tuff tray or on a highchair table.

Support your little one to dip the celery stalks in the paint and do some printing on scrap paper to reduce the paint on the celery. Once you've got a print you like do the next one on your card. Allow to dry and draw your leaves on!

An elastic band around the celery makes the rose print tighter



mother's day themed spaces



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. You could theme it around red, one of the first colours our little ones see in focus and for our older ones popping red toys on a red background helps them work on their discrimination skills

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.

contrast cards

When our little ones are born, they don't yet have control over the muscles that work their eyes, oculomotor control, so by playing in a visual way not only are we helping these muscles, we are giving their eyes interesting things to see, interpret and discriminate.

These contrast cards have been designed to stimulate the visual abilities of your baby and you can use them to encourage healthy sensory development. The cards can be printed out and cut into separate cards or printed at different sizes. We've focused on contrast and some of the first colours our little one's see in focus, red and yellow. They are a great basis for play with a newborn baby.

Always make sure that your baby is within eyesight and arms reach when carrying out activities and have fun talking through the cards with your little one to add an auditory element to the activity too.

Repetition is really important with visual play, your baby needs a lot of time and practice to get precise and accurate with their visual control.



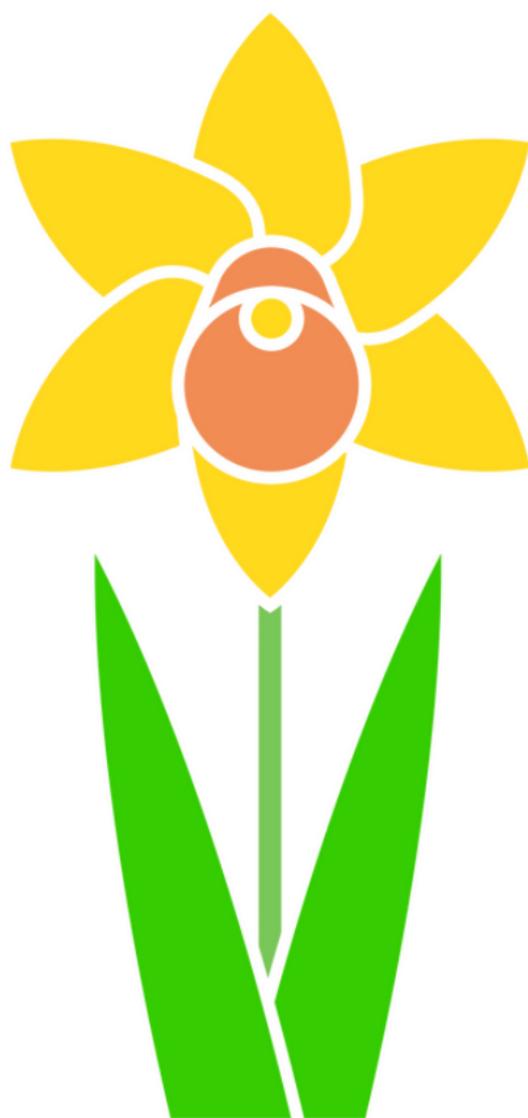
contrast cards



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Happy Mothers Day

