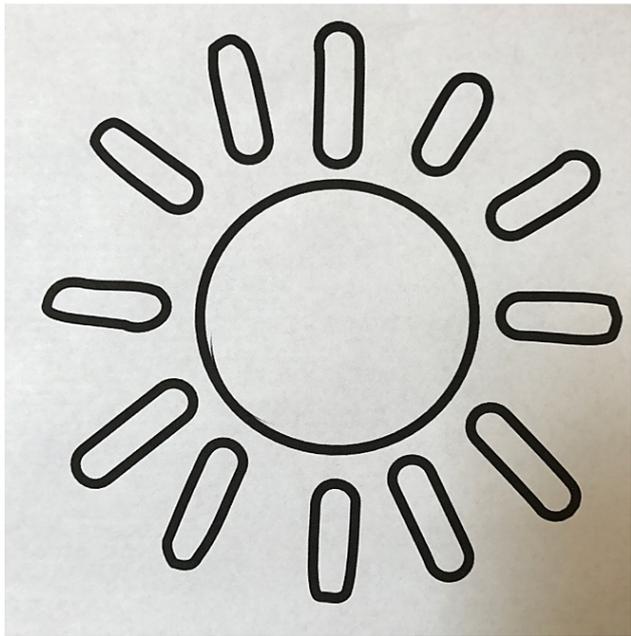


summer messy play ideas



summer messy play ideas

Introducing textures into play is amazing for your child's brain development, it gives them early exposure to the multi texture environment we live in and can help avoid sensitivities in later life. Messy play is amazing for sensory development and a session packed full of lots of development opportunities, it is not just about making a mess! It is also about

- exploring new textures, smells and tastes
- improving body positioning
- balance and co-ordination
- exploring colour and shapes
- improving body positioning
- understanding about cause and effect
- builds independence in a safe environment
- social interaction
- offers opportunity for measuring and counting
- developing palmer and pincer grips
- helping develop concepts of size and shapes
- being great for hand eye co-ordination
- introducing new experiences
- communication and language development
- choice and fostering a child's natural curiosity
- creative development

summer messy play ideas

In our little play printable for you we have provided two summer inspired messy play ideas - one messy play idea and one no mess painting idea which is great for our younger babies and for those who are getting started with texture play.

Some tips to get going

- start messy play with textures only after they are 6 months of age and once your little one has been successfully weaned, so that the first taste of food is crumb!
- Starting off small with a spoonful of yogurt or cooled soup on their high chair tray is amazing.
- Resist all the temptation to wipe your little one down as you go, experiencing the texture on their body and how it feels is the good bit for their brain and lots of different textures together is really helpful too.
- For little ones reluctant to get stuck in, offer it often and don't force your little one to participate. Often it can be the change of temperature when you do messy play that can be the most alarming bit to them so luke warm play is a great way to start
- Give your little one a texture that is familiar to them, for example a washable plastic toy to dip in the texture. Our brain is able to accept new textures easier when things are familiar too.
- Let your little one get use to the texture before sitting them in it. Shallow trays, tupperware boxes and bowls is a great way to

No mess painting



No mess painting is an amazing way to increase the textures into play without the risk of paint going near a mouth. It is an amazing tummy time activity and great for taping down to high chair tables to give our sitting babies an opportunity to explore too. There are a couple of printable spring signs included in this printable that you can print on paper or cardboard (use very little paint if it is on paper) If you don't have access to a printer, you can just use paint or draw your own design.



No mess painting

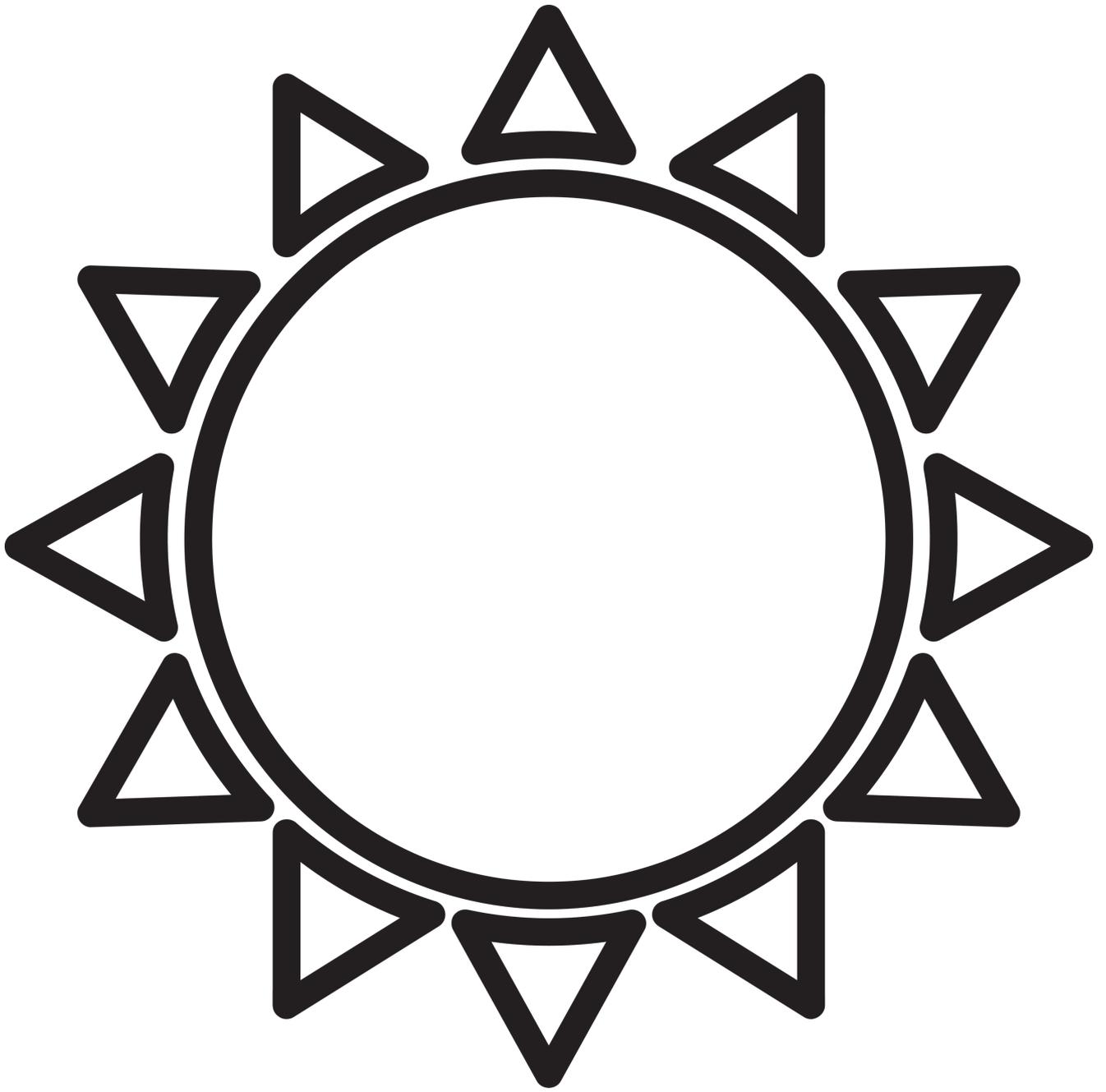
Pop your printed design in a ziplock bag and squeeze small amount of paint onto the design. Secure the bag and tape down if necessary to ensure that the paint stays securely away from your baby. Ikea bags are amazing as they have double seals and they are a bit thicker if you have them to hand.

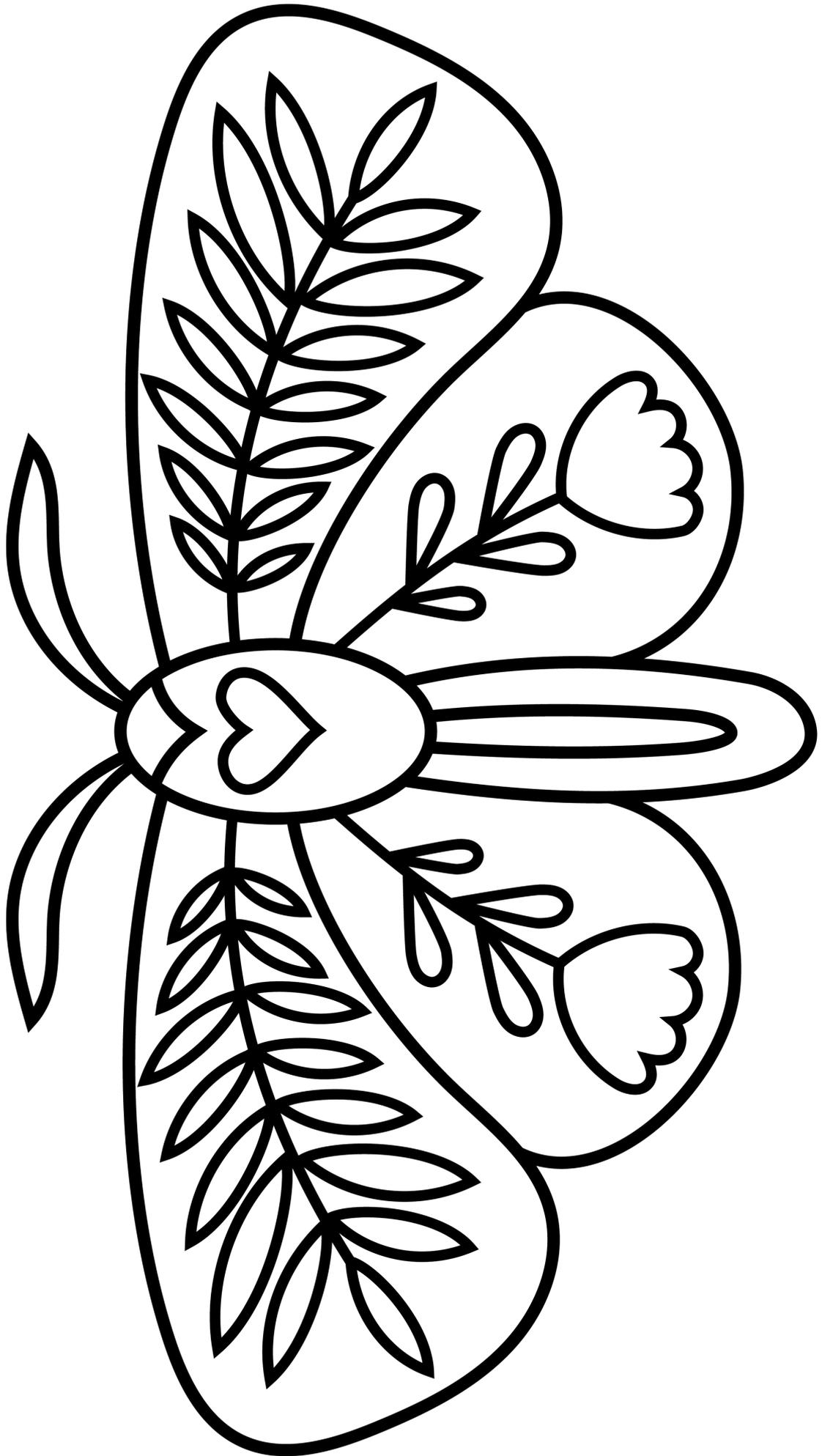
Pop the bag down on a safe surface and encourage your little one to hold, touch and move the paint around, let them explore the different texture in their hands. For our youngest ones tummy time is an amazing way to do this and for our older ones sitting to paint, tummy time or taping the bag to their high chair works well.

Once the design is covered in paint, carefully cut the bag down the sides and remove the painting, pop it on some paper and leave out to dry. Baby's first piece of artwork!

For our older babies and our toddlers, you can make it a messier activity by finger painting, hand painting and using brushes or cotton pads to transfer the paint (amazing for introducing extra textures)

It is a great activity to get siblings involved with too!





edible sand



Blending biscuits are an easy way to create a crumb that has a sand like texture. You can choose a low sugar variety and use small amounts for your little one to feel and touch, they eat less of it than you think!

The trays show ginger nut biscuits, digestives and oat teething biscuits in trays that we've prepared for lots of little ones! We take the biscuits and blend them to a very fine crumb and pop them with toys that encourage their motor skills as they rake, shovel and pour the crumb.

It is a really engaging texture and it does feel a lot like sand. Often people are concerned that it will encourage their little one to taste real sand when they do make it to a beach. In our experience little ones are keen to taste real sand whether they have played with the texture or not so closely monitoring their play in different environments is recommended.

textures are amazing in play

Messy play is incredible for our brains accepting that texture is safe and that we can feel and touch lots of different textures. Letting your little one feel, experience and play in texture can support brain development. If your little one finds the experience too much, step it back and take it slowly, there is no need to avoid it and introducing texture now will assist with their educational journey too.

Introduce texture slowly, repeat if often and have lots of fun!

And finally, take lots of photos! The photos from messy play are always incredible