

Why Do Babies Need Sensory Play?

Caregivers may create opportunities for babies and toddlers to use their senses to explore their world. Adults can ensure that babies have the opportunity to use sight, hearing, smell, taste, and touch, in a variety of situations, to expand their child's awareness and knowledge about the world around them.



Babies begin by seeing black and white and are drawn to contrasting colours and faces. These can be made with a black marker on paper and put in baggies or picture frames for baby to gaze at when they are doing tummy time.



Sensory play helps your baby's brain grow in such a way that helps them process input from their senses and the critical period for this brain growth happens in the first three years of life. Children retain more information when more of their senses are engaged at one time. Sensory play also gives opportunity for other skills to develop ; language and vocabulary, visual and spatial awareness, muscle strength and flexibility, problem solving ability, social and emotional development. It's stimulating, and a lot of fun!



green jello and play links, cheerios in water, instant mashed potatoes, elastic pans, streamers and ribbons.



Ribbons jar, frozen fruit cubes, water beads jar or bag, scarves in a ball, buttons in a bag