



Top 5 tips for introducing your baby to sensory activities at Home



Looking for sensory activity ideas for your baby? I am Lucy, class leader and founder of Playtimes. Here are my Top 5 fun sensory activity ideas for you to try at home!

Playtimes: Top 5 tips for introducing your baby to sensory activities at Home

Why is sensory play important?



During the first year of a child's life, their brain will double in size. Much of this growth occurs in a part of the brain called the cerebellum, which is in charge of physical development and motor skills. This development helps babies learn to control their bodies and movement.

When babies are exposed to sensory experiences or positive social interactions, new connections in the brain pathways are created at a more rapid rate.

Sensory lighting activities



These Sensory Activities take place in [Playtimes](#) 'Baby bears' class (11.15 am).

When considering sensory activities for your little one I always recommend having an open mind to exploring and encouraging creative purposeful play. Inviting the early years imagination to run free can be key to good results in development not only brain development but furthermore qualities such as:

- **hand eye co ordination**
- **co operative group play**
- **builds social confidence**
- **physical spacial awareness**
- **early eye tracking**
- **building a stronger parent & child bond**

Here are some great home activities you could go ahead and try..



*All activities should have direct adult supervision

1. Make a Traditional Sensory Treasure Basket

This is suitable for sitting babies and encourages them to reach out for objects. Gather lots of safe (no small parts) and natural materials such as wooden spoons, small metal spoons, shiny objects with textures to feel, light reflective materials such as typically metallic bowls and dishes.

2. Disco Ball

Placing a light source on a high shelf can make a lovely experience especially if the device spins or rotates capturing many areas of your room. The visual effects are stimulating, good for eye tracking skills and promoting early brain development for very young babies. Another eye-tracking activity is the parent could simply use a ball and move it from side to side to encourage eye movement whilst locking onto the object.

3. Introduce a Foil Space Blanket

You can purchase (emergency foil blankets) for using their reflective qualities. Your little one may like to shake and crinkle the material in different directions, making sounds. You might also like to use it as a peek-a-boo activity game for fun and smiles (babies love this).

4. Musical Sensory Boxes

A musical instrument packed box full of a good variety of contrasting sounds. This is excellent for sound and listening stimulated learning, a tambourine, maraca, miniature keys, string instruments and of course drums or bongo type tubs sound great for a cause and effect style play.

5. Bubbles

Extremely visually stimulating, bubbles can be floated and blown all around the room or in an outdoor area. A bubble wand can be purchased from most convenience shops or wholesale stores and a small bubble machine can be even more effective and with less effort. Bubbles are great for hand eye co-ordination, they capture their attention and it can be lots of fun to observe a reaction from your baby.

Playtimes Sensory & Baby Massage Classes at Medieval Mayhem.



Playtimes baby and toddler sensory classes (0- 3+ years) aim for a relaxing, easy going social atmosphere. We provide a superb, fun, structured and highly resourced experience for you and your little one to explore textures, sounds, visuals and many more quality learning features through purposeful play!

I am passionate about advancing early years babies and toddlers + to assist them in their development. I ensure Playtimes sensory classes follow the EYFS (early years foundation stage) learning guidelines.

Our sensory classes take place on the upper mezzanine floor at **Medieval Mayhem** soft play centre, Monday-Wednesdays for 0-3+ years. **Pay per session and drop in is available via the website or direct link [here](#)**

We all hope to be back to the physical sessions soon, here are the links for when we are.

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