

Exploring

infants and toddlers

a tipsheet for parents and caregivers of children ages 0 to 2



Capital District
Child Care Council

Infant Sensory Experiences

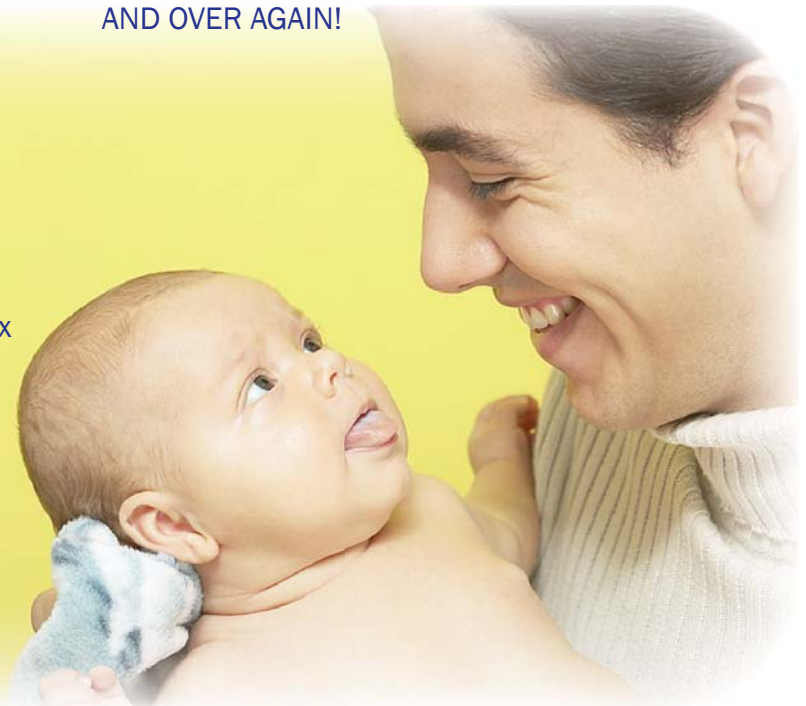
Young children need to discover that they can influence the people and things around them. When presenting a sensory experience, infants and toddlers can be a challenge. Any material presented will likely be mouthed, eaten, pushed, pulled, and completely explored to its limit. Spend time carefully selecting or developing materials that are safe and explorable. Remember, an important part of any experience for a young child is having a familiar caregiver to share in their needs and discoveries. Infants use their sense of sight, smell, taste, hearing and touch to help understand the world around them. When babies use their senses to explore, they form strong bonds with their caregivers and discover pathways to all areas of growth and learning. The following are sensory explorations to try with infants. **HAVE FUN!**

- Slip a fuzzy sock over baby's bottle or sippy cup.
- Use empty coffee cans as drums to beat out a rhythm.
- Gently play pull and tug with a pretty scarf.
- Cover an old phone book with tape and then with contact paper. Let babies crawl/climb over it.
- While baby is watching, hide a small toy inside a box with a cover. Say, "Where's the _____?" and

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be delighted when the child finds the toy. You may need to help a little at first.

- Cover 2-3 paper towel tubes with contact paper. Hand one to baby just beyond her reach, so she grasps it. Hand her another tube the same way. Show her how to gently tap the two tubes together. Gently tap on different body parts and sing..."This is Lacey's _____(arm, tummy, toe)."
 - Gently blow bubbles around baby.
 - Tie lengths of ribbon onto a clothes hanger. Hang in front of an open window and watch the ribbons dance.
 - Finger paint with jello or cool whip on her high chair tray (place a bib/smock & shower curtain on floor under high chair).
 - Fill film canisters with different sounding items like rice, buttons, or paper clips. Securely tape or glue closed.
 - Babies enjoy the same sensory activities **OVER AND OVER AGAIN!**



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