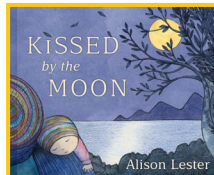


Theme: Celebrate Family and Friends

Book title: KISSED BY THE MOON

By Alison Lester



Exploring with senses every day

You will need:

- You and your baby
- Natural and/or found objects from the garden or home.

**Adult supervision is essential.
Involve and talk with your
child as much as possible.**

Instructions:

1. Let your baby explore a range of objects using as many of their senses as possible. For example: use simple household objects with different textures, choose a few objects from the following list; a plastic jug, wooden bowl, a squeazy ball, a plastic whisk, a soft toy, a plastic mirror, a large piece of fabric or face washer, some water or rice in a very secure and sealed bottle.
2. Babies learn through using all their senses and will have preferences and interests. Allow plenty of time for exploration and talk to your baby to explain the sensations they are experiencing. Does your baby prefer looking or smelling or making a noise? Be careful not to combine too much sensory stimulation at the same time. Your baby may turn their head away, close their eyes, and start to cry.
3. Remember to always supervise your baby and never leave them unattended while using/playing with these items.

More ideas:

Take this activity out into a sandpit, on the grass, or even in to the bath to add an extra texture to feel and talk about.

For older children you could put each item into a 'Feely Bag' and let them reach in to feel it. Help them describe the items and use lots of different words such as soft, hard, fluffy, scrunchy, noisy, smelly, etc.

Make a large bowl of jelly that your child can squish with their hands. Try painting it onto paper or rubbing it on to their high chair tray. This is a fun but messy activity!

Take a walk with your baby/child to somewhere you haven't been before and chat about it with them explaining what you can see, hear, smell and touch.

Key Message: The first five years matter and last a lifetime.

For more book suggestions, tip sheets, nursery rhymes, songs and fun things to make and do please visit:

thelittlebigbookclub.com.au

