



SENSORY TUMMY TIME

Suits ages 4 months – 10 months



What you'll need:

- Large sandwich bags
- Tape
- Background items like oil, rice or sand
- Feature items like buttons, beads or glitter

What you do:

1. Start by filling up a large sandwich bag with the background item for your babies to explore. This might be something like oil, rice, sand, shaving cream, or crushed crackers. These form the background substance for the sensory play.
2. After this, you can add small featured items for the babies to find and explore within the background items. These might be things like buttons, beads, glitter, marbles, or seashells.
3. Tape the bag down to the ground to make sure all the items are safely sealed in and stay in place while the little ones explore.
4. Place the child on their tummy to explore the bag, as this can help with crucial muscle and motor development as they happily explore in a safe way, without putting anything into their mouths!

This is a perfect activity to support and develop babies' physical development as well as offering a wide range of safe sensory materials to explore. Some babies do not like to be on their tummies for too long as it quite hard work, so being with your child and using descriptive words along the way supports with longer term vocabulary building.