

Predictable Experiences

Nurturing parent-child interactions are the foundation of positive socio-emotional development. Do you want your child to listen to you, and act in appropriate ways? You need to observe your child, listen attentively and provide them with the security of a stable caregiving environment. Start by playing with your child this week. Scroll down to select an activity for every day.

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Weekly theme: Sensory integration

Guide to initiating a conversation with your child while playing

When you want to offer **limited choices** to your child you can use questions like: Do you want to play giving the baby doll a bath, or do you want to make bubbles?

Open-ended questions awake curiosity or reveal a child's thinking. They don't have a right or wrong answer, but they give you more information about your child.

- I wonder what will happen if you add soap?
- Why did you do that?
- How can we use this cup?
- What is interesting?
- How would you like to play with the ball/block/baby doll?

Day 1 Activity: Baby doll bath

How do we do it?

Give a baby doll a bath. Talk about the baby and its body. See if your child can identify its eyes, nose, ears, mouth, hands, etc. Talk about the important parts of the body to clean. See if your child can talk about the temperature of the water.

Observe your child offering care to a baby doll. Pretend play with your child and practice holding, rocking, feeding, changing, talking, and singing to the baby. You can talk about textures and smells.



What is in it for us?

Bath time is sensory time! This activity can calm and soothe a child. You can provide additional stimulation with peppermint, lavender or chamomile scents.

Motor skills: Dolls and figures give your toddler a way to act out the scenes he or she sees in everyday life. They can bathe, change, feed, and cuddle the baby doll, mimicking the way you nurture your child.

This activity is designed to work on socio-emotional learning and sensory integration.

Note: If your child is no longer interested, the sensory information is not rewarding.

Age: 1 to 3 year old.



Day 2 Activity: Mystery feeling box

How do we do it?

Materials needed:

- A cardboard or a tissue box.
- Small objects or toys with different shapes and textures.
- Scissors (child safe).
- Colored markers or crayons, and colored paper to decorate (optional).



Make an opening in the box.

Decorate the box with your child.

Ask your child to select small toys or objects that can fit in the box.

Place the objects in the box.

Ask your child "Can you find the (name of the object) in the box?".

Initiate a conversation by making observations: I wonder how your toy feels, do you think it is soft or hard? Can you guess what object you are touching?

What is in it for us?

This is a great activity to develop and increase your child's ability to use their sense of touch to be able to identify different objects. Your child will explore and learn the names of different textures like smooth, fuzzy, fluffy, rough, and bumpy, which will expand their vocabulary at the same time.

Age: 18 months and up.



Day 3 Activity: Toy washing

How do we do it?

Materials needed:

- A plastic tub or bin.
- Scrubbing items like brushes, a sponge, and washcloths.
- Water.
- Dish soap or baby shampoo.
- Different sizes, shapes, and textures of toys.

Ask your child to select small toys to wash (make sure they are water and soap resistant). Fill the tub with water and soap and stir to create foam, and let the joy begin!

What is in it for us?

Ask your child, “What should we do next?” Wait for them to place the toys in the water and scrub them. Initiate a conversation by making observations: I wonder what will happen with the toys, will they float or sink? Where are the bubbles coming from? What do you hear? All of these open-ended questions will provide your child with the chance to explore and learn independently.

Age: 1 to 3 years old.



Day 4 Activity: Blowing bubbles

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How do we do it?

1. Sit or lay your baby on the towel.
2. Talk to your baby to get their attention. Begin to blow some bubbles
3. Slowly blow large bubbles toward the towel or floor beside your baby. Try to get them close enough so she has a chance to poke a bubble.
4. Observe your baby as they experience the wonder of the bubbles moving around them. What is their reaction to popping the bubbles?
5. Create a shower of small bubbles by blowing quickly through the wand. Does your baby follow the bubbles with their eyes?



What is in it for us?

- Motor: When your baby swats at the bubbles, they are practicing visual skills like eye tracking, distance, and depth perception.
- Cognitive: When your baby pops a bubble, they learn the relationship between the cause (I touched the bubble) and the effect (it disappeared and everyone cheered).
- Socio-emotional: Your child is discovering humor -- they probably laugh a lot while they play with bubbles!

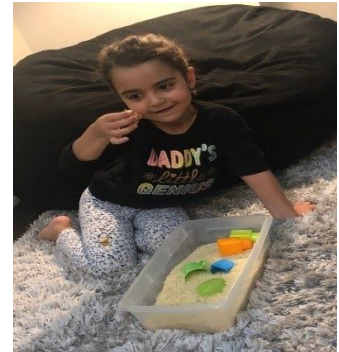
Safety tip: Keep the bubble solution out of your baby's reach

Age: Multiple ages activity, adjusting activity per child's developmental skills.

Day 5 Activity: feeling, describing and naming

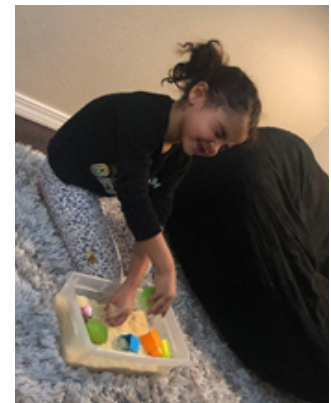
Materials:

- Sand (a variation could be rice or beans).
- Plastic container.
- Small toys or objects like toy cars, plastic animals, balls, and shapes.



How do we do it?

Place the sand in the bin. Hide the items under the sand, and ask the child to guess what it is the object she is touching when places her hand under the sand. Take turns.



What is in it for us?

Motor skills: Feeling different textures like sand and the material of the object provides sensory information through the fingers and hands.

Cognitive: Your child is practicing identifying objects and naming them. They are learning to trust, and you can extend the activity by asking them to close their eyes and continue playing. Take turns.

Sensory play is unstructured and allows kids to explore freely. They will all love playing!

Build a relationship with your child by spending time on pleasant interactions!

Age: Multiple ages activity (with some variations).