

Theme: Textures for Toddlers

Date: May 25, 2021

Hello StrongStart families,

Today's content was put together by Teacher April (from Mackenzie).

Sensory play for infants and toddlers is so much fun! Sensory play includes any activities that stimulate your child's senses (e.g., sight, touch, taste). For many young friends, it may be the first time they experience a certain texture. There are so many things in your own home that can give your child a great sensory experience. You don't have to spend money on expensive toys at all. Here are a few ideas using materials you have at home!



- **Diaper wipe lids and different textured fabrics** - Reuse those lids with materials you have at home (e.g., piece of old rug, sandpaper, sequins, bubble wrap).
- **Diaper goop** - Take the filler out from a new, clean diaper. Put the filler in a tray and add water. Mix it around and see what happens! What happens if you keep adding water?
- **Cornstarch and water** - This one is messy so best to do it outside.
- **Shaving cream** - Use spoons or eye droppers. Add food colouring if you want a more colourful experience.
- **Pompoms or cotton balls** - Place them in a muffin tray or cup. Encourage your child to pick them up with fingers or scoop them with a spoon.

Sensory boards can be expensive so let's just make our own!



Sensory Board

Materials: large piece of cardboard, glue (super glue, wood glue or hot glue), sensory materials like sandpaper, cotton balls, egg carton, pasta, old buttons, rocks, bubble wrap, etc.



Instructions:

1. Gather all the materials and arrange them on the cardboard.
2. Glue the items in place and let dry.

3. Lay it on the floor for your child to explore. **Note: Be sure to monitor your child when they are playing as there are small parts.**

Another activity that you can do with your child is **cooking!** Food prepping promotes touch and taste stimulation for young kids. Letting them touch, smell and taste food gives them the whole experience of exploring new foods. While you are cooking, you can let your sous chef taste test the ingredients. Let them watch you cook and let them hear you talk about the different ingredients.

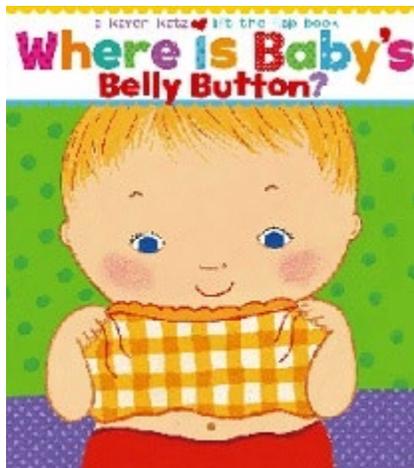
LET'S MAKE A SALAD

*First you wash the lettuce
Then you spin it dry
Chop a lot of onions
till they make you cry
If you want a salad
that's the best you've had
all you have to do is
ADD
pepper and lime
parsley and thyme
a dash of salt too
makes dressing for you
THEN
Slice in a tomato
Add a bit of cheese
Salad in a bowl
Serve it
if you please!*

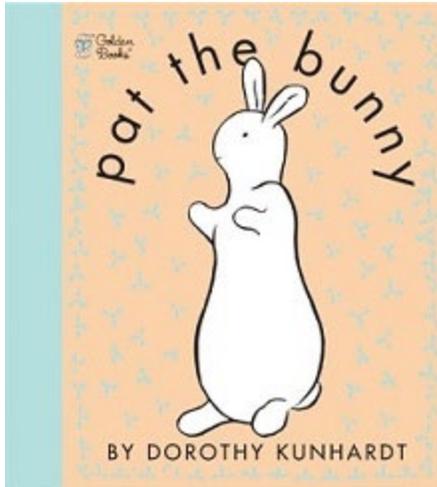
- Sonja Dunn



There are a lot of touch-and-feel books available these days. Here are two of my favourites:



- Where is Baby's Belly Button by Karen Katz - <https://youtu.be/pAgtXAe6jI8>



- Pat the Bunny by Dorothy Kunhardt - <https://youtu.be/pZ9Pwmup18U>

To finish this email, let's join Teacher April for a story called "Little Rabbit" (A Touch and Explore Book) - <https://youtu.be/fdK2w6jHwPo>

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- Facebook: www.facebook.com/vancouverpubliclibrary
- YouTube: www.youtube.com/user/vancouverlibrary
- For schedules: www.vpl.bibliocommons.com/events

