

# 4 HOUSEHOLD ITEMS YOUR BABIES WILL ADORE

## Mirrors

Between 6 and 24 months, babies start to become more aware of their surroundings. Here is when we can start to introduce mirrors! Reflective paper or fabric can be a wonderful addition to your sensory board as well!

The connection between your baby's reflection and his/her own body is crucial to lay the foundation of your baby's understanding of the environment around him/her, and him/herself. This is a good way for your baby to begin tracking objects and movement, while improving his/her focus and observation.



### Tips from TAG Mummies

Sit your baby in front of the mirror and you behind him/her. Try blinking, mouthing certain sounds or simply make a funny face! Get your baby to imitate you while looking at your reflection. He/She will soon learn about his/her own reflections and movements while discovering the correlation.

**HAVE FUN !**

# Toilet Paper Core

Between 18 and 24 months is a great time to get your baby started to enhance his/her hand-eye coordination, and this will come in various stages. Firstly, from 15 to 18 months, your baby's hand-eye coordination would have expanded greatly. Try letting your baby grab small but light items, something like a toilet paper core or even baby food like rice puffs!

This is perfect to train their pincer grip from an early stage. Slowly but surely, your baby will be able to hold the item with a firm grip in his/her hand and to purposefully reach out for other things.

## Tips from TAG Mummies

Make bath time fun by introducing the idea of scooping and pouring water! Use a small ladle or a plastic cup with smooth sides.

Your baby will enjoy this activity while practising his/her grip, and hopefully bath time will become much more enjoyable!



With age and practice, by the time your baby is between 22 and 24 months old, this is when we should see significant improvement in their fine motor skills, especially the dexterity with objects! They will slowly transition from scooping or sweeping objects, to picking them up with their thumbs and index finger. This will also be a good chance to introduce your baby to a zipper!

A simple activity of picking up pompoms and dropping them into "tunnels" like the toilet paper roll will be a great way to enhance your baby's fine motor skills. This also introduces them to the concept of cause and effect through repetition. You will be amazed at what your baby can figure out.

Try including this activity in your baby sensory board!



# Food

Although food may not be something we would put on the sensory board, it is a great and tasty way to engage your baby while introducing him/her to different flavours.

Baby-friendly food can come in various textures. It's interesting that the textures can differ from when the food is whole to when it's smashed.



## Tips from TAG Mummies

Cut a piece of banana into small chunks, let your baby pick them up with his/her hands. Let your baby feel the texture of the banana before he/she puts it into the mouth to taste. Bananas are soft foods that are easily squashed and melts in the mouth. A perfect choice for babies to consume even without teeth. Your baby will love it as it is naturally sweet, with plenty of nutrients.

Also, if your baby is feeling cranky from teething, try changing the soft biscuits to teething biscuits! The texture will help with their sore itchy gums. It is crucial for babies to learn about textures, tastes and temperature through mouthing. They will begin to move their tongue and jaw in ways that will develop into their chewing patterns in the future that will eventually allow them to eat a healthy variety of solid foods!

Try adding some soft objects that can be easily sanitised on the sensory boards.

# Baby wipes packs

Lastly, if you don't have a board or cardboard at home, try re-using those empty baby wipes, especially those that come with a plastic cover. Fill the empty baby wipes with materials of various textures, be creative!

This is a great chance to improve on those fine motor skills with an added bonus element of surprise when your baby opens the plastic covers to feel the textures underneath. Acts of touching stimulates sensors within the muscles and joints, sending signals through the skin and the brain.

## Tips from TAG Mummies

Excellent way to recycle those plastic baby wipes while engaging in meaningful activities with your baby.

Try using different coloured fabrics from pre-loved clothes, and have a go at discovering the magic that comes out of these hand-made sensory packets!



## References

Why do toddlers love playing with mirrors?

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