Sensory and Exploratory play helps children to learn about the world around them. It also,

- helps children become more accepting of new sensory experiences including food
- helps children to develop movement and coordination
- helps children learn that they can have an effect on the things around them

Activities to encourage sensory and exploratory play that you could try:

- Help child to bang, shake, examine, drop and throw objects.
- Support child in putting safe objects to their mouth.
- Gather together objects that have different textures, such as rough, smooth, spiky, feathers for the child to feel and explore.
- Give child toys they can squeeze and shake.
- Explore sounds using bells, rattles and musical toys.
- Use baby oil to massage a child's hands and feet.
- Encourage the child to try a range of tastes and smells through messy play with food.
- Play with toys and objects that are brightly coloured, shiny, lit-up.
- Help the child explore touch and feel books.
- Play with a range of messy activities such as sand, water, play dough.
- Make shakers out of pots filled with dried pasta or rice.