

## 5. Sensory development

### Description:

Your baby explores and discovers the world through her senses. Babies are born with their senses working but as they grow their senses develop and mature. Babies learn through their senses and the more sensory input in one activity, the more the learning is absorbed by the brain, e.g. Baby sees a banana, Baby hears the word "banana", baby touches the banana and then smells and tastes the banana. All five the senses were involved in this activity.

### Important notes to parents

- Check with your paediatrician before participating in a baby massage or activity program
- Use a soft surface to place the baby on, such as a mat or a folded blanket.
- Pay attention to baby's cues—if baby is crying or acting agitated, stop the activity and try again later.
- Do not exercise a hungry or tired baby or a baby that has just eaten.
- Use gentle, fluid movements. Avoid quick, jerky movements. NEVER force a joint into a position!
- Begin by moving the joints that are closest to the torso and work outward.
- Play the video and follow the simple actions. During the video a song or rhyme will play. You can play the music track without watching the video.
- Have fun! It should be playful and loving, not mechanical!
- Each activity can be repeated as long as baby is happy.
- Activities are age-appropriate. If baby can't hold up his or her head, please, support baby's head.
- Very young babies startle easily and can become over stimulated.