

ENCOURAGING EARLY CHILDHOOD DEVELOPMENT

balloon 5 project



**Sensory, Interactive Activities
for Your Baby**



Why is sensory, interactive play important for young children?

Sensory, interactive play (which stimulate the 5 senses: **smell**, **taste**, **hearing**, **sight** and **touch**) are important to the mental, physical and emotional wellbeing of your baby. This can strengthen and help any of the following:

- **Brain development** (stronger memory skills, improved acquisition of language skills)
- **Adaptability to new situations** (gaining confidence when finding a new activity or challenge)
- **Comfort** (finding comfort in soothing textures and activities)
- **Motor skills** (developing control over their hands, fingers and overall coordination)
- **Creativity** (actively using their imagination in different activities and situations)

Source: Empowered Parents

<https://empoweredparents.co/benefits-of-sensory-play/>

01. Balloon Kick



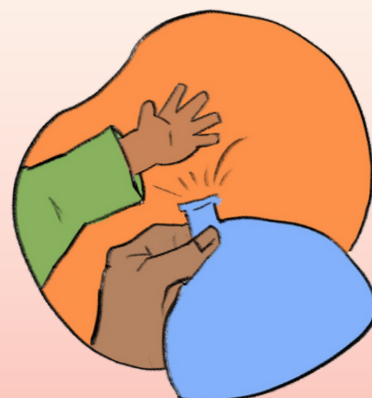
Attach a balloon with a bit of string to your child's arm or leg. Let them see the balloon and explore how it moves in the air or next to them as they kick their leg or swing their arm.

Babies will often show interest in moving objects, and as balloons move more slowly through the air than a ball or toy, it will make it much more easier for your child to see how it moves and improve their visual tracking.

Feel the breeze 02.

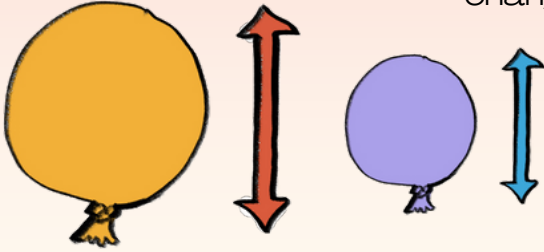
Blow up a balloon with a little bit of air, then try releasing the air gently onto your child.

Let them feel the breeze on different body parts: on their hand, or maybe their face and hair. This develops your baby's sense of touch. Try a little bit on their hand first— they might become surprised the first time when they feel a gust of air on their face!



03. Changing shapes

Blow up a balloon and show your child how the balloon changes in size and shape when different amounts of air is put into it.

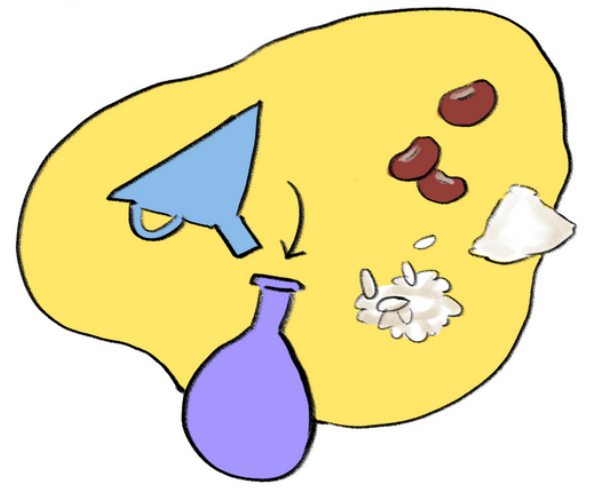


Let your child put their hand against the balloon and feel how the balloon inflates and deflates.

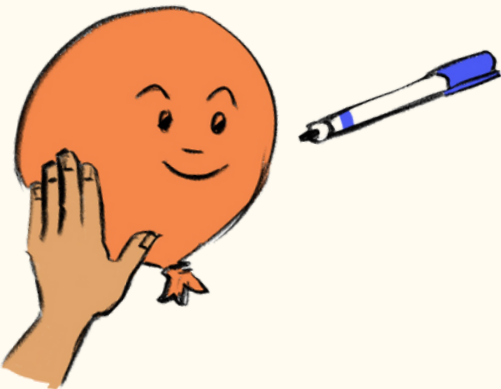
Sensory stress balls 04.

Use a funnel and a small handful of beans, rice or maize meal to fill up a balloon and make a small stress ball for your child to play with. Make sure to give your baby enough time to explore how the balloon feels, then talk to them about the different textures.

Introduce different words to them: does it feel crunchy? Soft? Fuzzy? Try adding cotton balls instead of grain, or blowing in a very small amount of air into the balloon before tying it up for your child to shake.



05. Drawing faces



Many babies show instinctive interest in faces. Try drawing different faces on your balloons. Give them personality by talking in different voices, or simply let your child observe the balloon as it moves through the air.

Safety Precautions

When engaging in these activities, it is highly recommended to keep all unused balloons out of reach of your child. Refrain from tying the balloon to the baby's cot or stroller, and immediately remove any burst balloon pieces as they may pose a choking hazard. All of the above activities should be done only under careful supervision of a parent or guardian and safely stored for future use.

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from the



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