

Hello everyone!

Hope you are all well and keeping safe during these challenging times.

My name is Anne, I'm an Early Years Practitioner and I facilitate some of our Little Explorers sessions.

I thought it would be a nice to keep in touch with you all by sharing some very simple activities you can all do together at home.



Bubbles

We will be using 'five to thrive', your baby's body grows better when you give your baby good food. Your baby's brain grows better when you do five simple things that feed the brain:

RESPOND. CUDDLE. RELAX. PLAY. TALK

These are your child's daily 'five to thrive' - the building blocks for a healthy brain. A healthy brain will help your baby be happy in themselves, make friends and enjoy their family as well as being the best start for learning for when they start school. And every day will bring many opportunities to give your baby's brain what it needs to grow well.

We will start with: RESPOND

My brain works very slowly at first. But when you respond to me in the same way over and over again the connections are helping me build grow strong.

Some Suggestions

- Try to guess what your baby's crying means and meet their basic needs; warmth and comfort, food, a clean nappy, sleep.
- Copy the sounds or facial expressions your baby makes and see how the react.
- Help your baby to see something if they show you they want to look at it.
- Pass your baby objects they are interested in (if they are safe), especially if they are brightly coloured or have interesting shapes, texture or sounds.

Remember

- Everyone takes time to learn how their baby communicates.
- Crying does not always mean your baby is 'upset'. It's is the only noise they know how to make to get your attention. Sometimes they may just be singing or talking to you.
- When your baby has your full attention, their whole brain is working. When you are watching TV, texting or talking on the phone, they don't get this benefit.

TRY USING OUR BUBBLES ACTIVITY ON NEXT PAGE

Little Explorers Activity

- If you do not have made up bubbles you can make them using the recipe below and use any item that is a small circular shape to blow your bubbles.
- Lay your baby on the floor or in their bouncer or any other chair they use if they are unable to sit yet. If your baby can sit, sit your baby on the floor. If your baby can crawl or is starting to walk you can blow the bubbles so they will follow and pop the bubbles when they land.
- Make sure you do not blow the bubbles too near your baby's face. Watch your baby's response as the bubbles float near to them. They might move their arms and legs in excitement, follow the bubbles by moving their head or follow the bubbles with their eyes.
- When the bubbles have disappeared or pop, they may stop moving, waiting for the next bubble. You could use the sound 'pop' when the bubble pops.
- Watching and waiting for your baby's response you are communicating with your baby.
- This activity can be enjoyed by the whole family.

Bubble Recipe

Materials:

- 1 large container (a glass jar is good to observe)
- 1/2 a cup of washing-up liquid
- 2 teaspoons of sugar

Method:

- Pour the washing-up liquid into the jar
- Add the water
- Add the sugar and stir gently