



Hello everyone!

My name is Anne, I am an Early Years Practitioner and trained Henry Facilitator and I run the Little Explorers sessions. For the last couple of weeks, we have been using Five to Thrive looking at how your baby's brain grows better when you do five simple things that feed the brain

**RESPOND, CUDDLE, RELAX, PLAY, and TALK.**

Today we are **TALKING** about  
**COLOURS**



## When can my baby see colour?

**Just after birth** - Your baby sees only in black and white with shades of grey. As the months go by they will slowly start to develop their colour vision.

**At about 4 months** - Your baby's light perception and colour identification is also improving; they are recognising more colours and can identify detailed designs on toys, books or other objects that are close to them.

**At 5 months** - Your baby sees colour more clearly and is beginning to differentiate them.

**By 6 months** - Your baby can move her eyes quickly to follow moving objects and is beginning to understand objects and shapes.

**From 6-8 months** - Your baby's colour vision also improves. Take your baby to new, interesting places, and continue to point out and label the things you see together. Hang a mobile in your baby's cot, and make sure they have plenty of time to play safely on the floor.

**When you baby becomes 1 year old** - Your baby can see things very clearly, both near and far. They can quickly focus on even fast-moving objects. They will enjoy playing hide-and-seek games with toys, or peek-a-boo with you. Continue to name objects when you speak your baby to encourage words 'Red Ball' 'Do you want the blue cup?' As you get your baby dressed talk about what colours, you are dressing them in and repeat colours where you see them throughout the day.

**By 18 months** - Children can generally learn to identify colours.

**By 2.5 to 3 years** - Your baby can now name different colours at the same time. They notice similarities and differences in shape, size, and texture. It will be a while longer before they know basic colours, but most children can name at least one by 36 months.

## Learning Colours

First come shapes, and then come colours!

**PLAYING** games and (**TALKING**) reading books that teach colours. The Very Hungry Caterpillar is a great opportunity for colour learning activities. These activities will help your toddler understand the true concept of colour. After all, there are thousands of shades of reds, and countless blues, and how is your child supposed to get a handle on that?

A colour sorting toy this is a great way to practice with your toddler by saying colours aloud and see if they can identify the right toy.

Learning colours is like learning a new language, so give your toddler some time, and be patient. Remember that children learn at different rates and stages.

## Some ideas to bring colour into your baby's life

- Go for a walk and point out the different colours that you see. The changing colour of the trees, the different flowers and birds.
- Try sorting out your baby's toys into different colours.
- Cover floor space, table or sit your baby in their high chair. Drop some paint on to some paper and leave your baby to enjoy the feel of the paint and use their fingers and hand paint on the paper. Stay with your baby, talking to your baby about the colours. Start with the primary colours (Red, Blue, Yellow and Green).



## Homemade paint

- 2 cups of cornflour / corn starch
- 1 cup of cold water
- 4.5 cups of boiling water
- Liquid food colouring

### Method:

- Mix the cornflour with the cold water and stir.
- Pour in the boiling water and stir between each cup. It looks strange but keep stirring and it literally seems to "melt" into a wonderful, custard-like consistency.
- Then separate it into individual small pots before adding colouring, but you can do it however you like, and this is the stage to add colour.

## Discovery bottles

A discovery bottle is a great sensory toy and inexpensive way for your baby to interact with colours. Simply fill half of a plastic water bottle with water, then top up with some vegetable oil or baby oil and add some different water based food colouring to it.

Make sure your bottle top is on tight and then you can shake and roll the bottle and watch the effect of the oil and water mixing. It is like a beautiful lava lamp and you can make lots of different colours. You can find out more here:

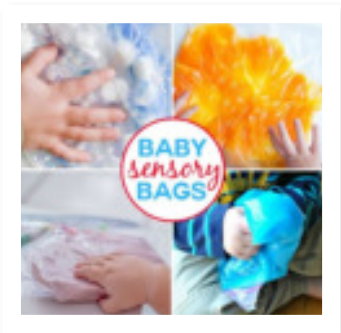
<https://www.bakerross.co.uk/craft-ideas/kids/colour-mixing-sensory-bottles/>

## How to play with discovery bottles

As they are so quick and easy to put together you could make a selection of discovery bottles that explore sound, sight, **colours**, and different themes.

You can make the bottles in different sizes too. Small ones are hand to pop in your pram or bag, so you have a sensory toy for your child to play with while you are out. You will probably find smaller bottles are easier for your baby to manipulate, shake and pass from hand to hand.

Bigger bottles are great when your baby starts crawling, as you can roll them across the floor and chase them.



## Sensory bags

Your baby will love the way sensory bags feel! Using a colour like blue will help your baby engage with the bag.

If your baby fights tummy time, sensory bags are a great distraction to help keep them in position. Simply tape your sensory bag to the floor or mat and lay your baby behind it! This will encourage reaching along with neck and shoulder strength all while engaging their senses! You can also tape sensory bags to their highchair tray and watch them explore!

You just need:

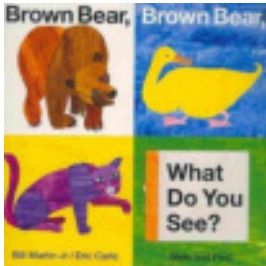
- A strong, clear, plastic food bag
- Hair gel
- Liquid food colouring
- Tape to seal all sides

Your bag needs to be strong enough to withstand handling by your child, so make sure you use something substantial. You can double up, with one bag inside another, and you can add extra tape around all four sides to secure it.

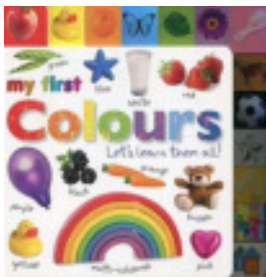
There are lots of different examples here on Pinterest  
<https://kidsactivitiesblog.com/77591/20-sensory-bags-to-make>

## Colour Books

There are lots of books about colours that you can enjoy with your baby, many of which you can find in your local library.



**Brown Bear, Brown Bear, What Do You See?** by Bill Martin Jr.  
A lovely book about finding colours wherever you go.



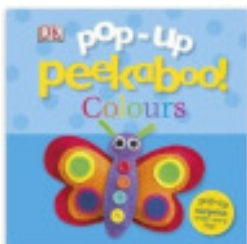
**My first colours** by Dorling Kindersley  
A fun board book about finding colours.



**A Pet Banana** - by Othen Donald Dale Cummings  
Children learn basic colours with this story/rhyme.



**My First Colours** - by Igloo books  
A great board book with bold pictures and colours.



**Pop-Up Peekaboo Colours** by Dorling Kindersley  
By Igloo books  
Join Teddy as he looks for his colourful friends.

