

Sensory/Massage

Ideas for play -

Complete this activity in a quiet area
(darkened room if using sensory toys)

It may be suitable to complete this at bedtime or maybe
after bath time if appropriate

You may wish to use sensory lights to create atmosphere or
use them after as a reward for sitting so well.

Try to ensure there are as little distractions as possible

Explore the massage materials with your child, let them look

at the tools, show them what you are going to do on yourself first and then use it on them

Massage your child's hands, feet, legs, arms, back, head.



Language with play -

Explain what you are going to do 'Mummy/daddy is going to massage your hands/feet/legs'

After some massage let them show you which body part they want next

Stop and ask them do they want more, use Makaton sign.

They may even just use a sound to initiate more

Extended language activities -

Allow your child to massage you - instruct them to 'Massage mummy/daddy's
hand/arm/head/back'

Tell them which ones you like with thumbs up/down.

Songs with play -

Relaxing songs - twinkle twinkle, hush little baby, rock a bye baby.

You may wish to use some baby mozart/baby sensory music from youtube - ensure your phone
is well hidden to remove distraction.