

Sensory Development Ages 0-12 Months

Developmental Milestones

- While lying on back, attempts to reach for a toy held above their chest
- Visually tracks a moving toy from side to side
- Able to calm with rocking, touching, and gentle sounds
- Enjoys a variety of movements
- Is not upset by everyday sounds
- Explores and examines an object using both hands and mouth
- Focuses on objects near and far
- Investigates shapes, sizes, and textures of toys and surroundings
- Observes environment from a variety of positions
- Enjoys listening to songs
- Crawls to or away from objects baby sees in the distance
- Hearing is mature
- Tolerate different textures/flavors of food from breastmilk/formula, rice cereal, baby food, to finger foods
- Balance is improving as they refine their motor skills
- Exploring and learning how to use their body for movement

Sensory activities for 0-18 month Olds: Sensory Development. Pathways.org. (2021, March 29). Retrieved November 14, 2021, from <https://pathways.org/sensory-activities-0-18-months/>.

Activities

Sensory Bag

Fill a Ziploc bag with any sensory items such as paint, water, rice, or anything they can explore with their hands. Then tape the bag to a table, highchair, or ground.



<https://www.babyplayhacks.com/play-hacks/pom-pom-sensory-bag>

Popping Bubbles

Blowing bubbles is a fun way to get your child to watch them fall, and move to try and pop them.



<https://www.popski.com/bubble-blowing-formula/>

Edible Sand

Crush up a box of cheerios and place it into a bin. You can add in measuring cups or other utensils so the child can scoop and explore.



<https://honestandtruly.com/cereal-crust-ed-french-toast-recipe/>

Sensory Bottles

Fill empty plastic water/ Gatorade bottles with anything from oil and food coloring, rice, water, rocks, beads, or anything else you can find around the house. Super gluing the cap can help prevent any leaks or messes.



<https://www.ehow.com/13726120/diy-seasonal-sensory-bottles>

Texture Sort

Take an empty Kleenex box and provide the child with different materials to pick up and put in the box such as cotton balls, or any other small items.



<https://laughingkidslearn.com/baby-play-idea-using-a-tissue-discovery-box/>