



Embedding Therapy Into Daily Routines for Babies

Britain Development ECSE Teachers



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A hospital department of AdventHealth Shawnee Mission

Kitchen

- Bang with pots or metal mixing bowls
- Make Jello and let them explore it on their highchair tray
- Make a toddler tunnel – use an old box your child can go in, turn it on its side, and attach ribbons of varying lengths, widths, textures to it so they hang down and the child can reach, crawl through, etc.



Outside



- Freeze some ice cubes with food colored water, take them outside and let your child play with them on a big piece of paper or the sidewalk
- Sit a blanket in the grass, try sitting your child in the grass so they can experience the texture, sensory input
- Bubbles



Bath

- Have a clean child size cup to play with when the water is filling to practicing drinking from a cup or just have the cup to practice pouring
- Put a mirror in the bathtub with your child
- Cut out some fun sponge shapes so your child can do some fine motor work in the tub



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Have a great week!

**Extending the Healing Ministry of
Christ**



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