

TOP TIPS FOR MESSY PLAY!

Some children need help to cope with new sensory experiences and dislike getting messy. This can lead to difficulties feeding themselves and trying new foods. It can also make it harder for them to enjoy creative activities and new experiences such as a trip to the beach. Messy play is a fun way to help them get used to, and enjoy sensory experiences!

Let your child freely explore the food using their senses: smell, touch and taste

Don't pressure them to taste or eat it

Your child may not like the mess, but wait as long as you can to clean them up – of course - don't wait so long that they get upset!

You want your child to enjoy the experience so SMILE and try to look relaxed yourself 😊

Manage the mess with a plastic table cloth or try messy play in a dry paddling pool or start gently with a blob of food on a tray!