

five toys we love



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play is such a great way to engage with your newborn, help them integrate their developing senses and develop new skills. We love engaging our little ones in activities and Lorna, our occupational therapist, has put together a list of 5 of her favourite toys that we use in our child development sessions and sensory play classes.

Bright starts links - each link is textured and the perfect size for a newborn to hold and touch. Even the smallest baby who still has their reflex keeping their hands closed can grip onto a link. It is an irregular shape so the brain has to think about it, they are easy to sterilise to keep clean and as your little one develops, the links grow with them. Starting with just letting your little one hold them. As they get more co-ordination they'll move the link toward their eyeline to investigate, towards their mouth for further investigation as their co-ordination develops and as we start to develop really purposeful movement you can pop a few links together to make a rattling toy.



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amazing baby black and white books - full of high contrast images that will fascinate your little one and help them co-ordinate their eyes, amazing baby make great quality books in fabric, plastic and cardboard.

star finger puppet - love a finger puppet and this one by the puppet company is gorgeous. It has a silver background to the dark face making it a contrast toy that your little one will find fascinating, it is an easy shape to hold and grip and you can use it to do some beautiful tracking over your little one's eyeline by slowly moving it back and forth. Great for visual development and hand-eye co-ordination.

chiffon scarf - chiffons are a great toy that take up very little space in your toy basket. Great for creating big shapes over an eyeline for doing a tracking activity, it is amazing for peek-a-boo games. Make eye contact with your little one and pop it over them or over you. They'll enjoy the engagement and as they get older you can involve them more by getting them to remove the scarf



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playmat - having a playmat for your little one to lie on is amazing and definitely try and source one that has a couple of different textures on the fabric so that you can introduce some texture play during tummy time. Our little ones spend a lot of time in carrying devices so it is important to give them plenty of opportunities to stretch out and development their movement skills and a playmat is a great way to do this, so make sure your mat is flat is a flat one. We use a few fisher price ones within our settings as they wash so well.

Play advice

Little ones can be overstimulated easily so please ensure that you are playing with they are calm, have been fed and are not sleepy, just introduce the toy for a couple of minutes at a time and build it up slowly. Please ensure that when you are playing with your little one that they are within eyesight and arm's reach at all times and never leave them playing unsupervised.

have lots of fun!

