

Fun with Food

Supporting Play

- Acknowledge any small attempts your child makes
- Remain calm and reassure your child when they become distressed
- Model and encourage play and exploration but don't force your child to touch materials
- Create a calm and positive environment for play
- Show your child you are enjoying the messy play by smiling and laughing
- Talk about what your child is doing
- Sit alongside your child
- Make your voice interesting and attention grabbing
- Encourage problem solving and exploration
- Use favourite themes and toys where possible
- Use high interest games such as Ready Steady Go
- Try activities for different senses such as smell, touch, taste and sound

Do lots of different actions

Filling, emptying mixing, painting, drawing, poking, stretching, pulling, wiping, squeezing, rubbing, pushing, rolling, sticking, shaking, wiggling.

Make things easier

Use a transparent barrier or a tool that creates a distance between your child and the mess to build confidence and success.

Examples of barriers - Zip bags, Clingfilm, plastic wallets, laminating pouches.

Examples of tools - Brushes, rolling pins, spades, rakes, kitchen utensils, spoons,

Categories of Messy Play

- Play Food (non-messy but useful in familiarising and playing out mealtimes)
- Dry Non-Food
- Tacky Non-Food
- Wet Non-Food
- Dry Food (free from liquid or moisture)
- Tacky Food (leaves a residue and is sticky, gummy or slightly adhesive to touch)
- Wet Food (Soaked with water, damp or moist.)

Messy Play Ideas

- Dry non-food - sand, paper, feathers, pom poms, pine cones,
- Dry food - cereals, icing sugar, flour, uncooked pasta/rice/pulses, bread, crushed biscuits/crackers
- Tacky non-food - playdough, gloop, goo/slime, glue
- Tacky food - wet pasta/spaghetti/rice, wet sugary laces, roll out icing, fresh raisins
- Wet non-food - shaving foam, gel, shampoo, paint, water
- Wet food - custard, runny jelly, mushy peas, baked beans, ketchup, mayonnaise, yoghurt

Be creative with your presentation of the activities to tempt your child to explore. Think about adding colours to foods, hiding toys in mess, mix different textures together, add liquids, most of all have fun if you can!

Websites

<http://www.learnplayimagine.com>

pinterest

<http://theimaginationtree.com>

<http://handsonaswegrow.com/sensory-activities-for-kids/>