

My early routines

Age: 0–6 months

Resources: Blankets, mats, brushes, sponges, gloves

Tips:

Take time with your child to explore the world around them. The things they feel and smell can help support routines, familiarity and make them feel secure.

Activity:

Using different surfaces or mats for separate activities can help your child understand what is going to happen next.

Try using a:

- Brightly coloured mat with crinkly texture/sound for play
- Plastic coated mat for changing
- Soft blanket for sleep

Take every opportunity to **introduce and feel new textures** together, the more often your child explores, the more they will want to continue exploring. Encourage your child to **touch and feel** a range of textures throughout the day,

for example:

- **The sponge** or cloth when washing
- **Your clothes** you're wearing when you're carrying, nursing or cuddling them
- **Gently massage** your child with different textured sponges, make-up brushes, gloves and foam pads

Use simple words consistently to describe activities.



Notes:

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 1a of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email [**children@guidedogs.org.uk**](mailto:children@guidedogs.org.uk)