

Infant Massage

Station 1: Baby Massage

Directions: Lay your baby on a blanket and practice massage strokes on your baby with guidance from Dr. Ketchum.



Station 2: Visual Touch

Directions: Read the tactile-friendly books to your baby. Encourage your child to feel the different textures in the books.



Station 3: Feel and Match

Directions: Encourage your child to feel the fish and match them to the different patterns. Talk about how each fish feels and describe its properties.



Station 4: Touch and Feel Mystery Station

Directions: Encourage your child to reach into the sensory box and try to match what they feel with the pictures on the cards provided. With the capsules, have your child feel the texture and guess what it is. Turn the window to find out!



Station 5: Tactile Letters

Directions: Encourage your child to trace the tactile letters with their fingers. Peel and stick the small foam letters onto the construction paper to build fine motor skills!



Station 6: Body Awareness

Directions: Try a wrist rattle on your baby and explore the sounds. Talk with your baby about where the sound is coming from and see if they can find it.
Encourage your older child to "paint" body parts different pretend colors by dipping brushes into empty buckets. Play with a sensory ball by rolling it back and forth with your baby.

