



Mealtime and Sensory Play

- Have fun with the texture!
- If your little one is not eating orally or initially seems unwilling to touch it, try putting some of the gelatin in a small ziplock bag for play.
- A parent taught me this trick: She mixes a large spoonful of jello in a little water and whisks it to make a "Jello Shake". Her child drinks it from a straw cup. The texture can be varied to work with a spoon or with other types of cups.
- Play with and eat some of the jello along with your child.

Communication:

- Include your child in the cooking process. This can include touching the agar flakes, narrating the process as you pour, mix, and heat the mixture, and talking about how the finished product smells, tastes, and feels.
- Use descriptive words like cold, squishy, jiggly, etc.
- Use words to describe the emotions your child might be feeling as he/she explores the gelatin. For example, "You're smiling...I think you like the purple jello!" or "Your face is showing me this feels different! Right! It is something new!"