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## **Simple Ideas for Sensory Development**

Children with visual impairments and multiple disabilities should have frequent and appropriate access to different textures that increase their sensory development. Children who have low vision or blindness do not gain enough information about the world around them unless specific strategies and interventions are used. Sensory development is crucial to cognitive, social emotional and organization. In addition, children who will ultimately become braille readers need early tactile exposure to develop confidence and skill to access print. Sensory boards can be themed or just random objects.

Here are some simple ideas to create a sensory experience for your child at home  
This is a parent made tool

### **Materials:**

Old clipboard or plastic tray

Small bits of different textured items from around the house (examples):

Sponges cut into strips

Small pinecones/needles

Cuttings from old clothes (corduroy, Levi's, sweaters, etc.)

Cardboard cut in small shapes

Pieces of wood

Mylar paper

Glue gun/glue sticks

Using your glue gun, arrange and adhere your textures on the clipboard (leave spaces between the textures so they are separate experiences

Let dry for about an hour before using

### **Helping your child explore sensory boards**

Place the board so it is positioned for your child to easily access

For children with residual vision, allow them time to observe the board on their own before expecting them to interact with it.

Different ways you can encourage your child to use the board:

Explore with feet first

Tap or bang on the board to make interesting sounds

Encourage your child to use all their senses:

:smell, touch, see, hear...