



Southwark Children and Family Centres  
Bermondsey and Rotherhithe



Southwark Children and Family Centres  
Camberwell and Dulwich



## Cause and effect & sensory learning using materials you have at home

Promotes belly and leg strength and body awareness



Your baby is figuring out that legs and feet are parts of their own body—and when they kick, they start to understand that their body can create noise and movement.

Lay you baby on their back and let your baby's feet explore different textures:

- Crinkly paper
- Soft fabric
- Furry cushions
- Bathroom towel
- Tissue paper

