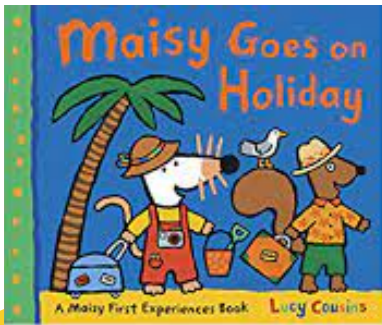


# Activity Ideas

with  
Wiltshire  
Children's Centres

Our play inspiration this week:  
Holidays

## Maisy goes on holiday



Click on the picture to take you to the story.

What do you think Maisie enjoyed most about her holiday?



## Banana and berry porridge

You will need:  
Banana  
Frozen berries  
Porridge oats  
Milk  
Yoghurt



Great for all the family.

Suitable from 12 months up

[start 4 life](#)

Click here to see this recipe and more

## Activity Idea - Older Explorers Packing a suitcase for teddy

Packing a case for teddy's holiday (or a day out) is a fun and imaginative way to help your child develop their planning and organisational skills.

Will teddy need a wash bag?  
What will teddy need for the beach?

These skills promote your child's ability to focus their attention.



## Did you know...

Scent based bonding is a real thing! Research has shown that women (not just Mum) who smell the top of a new born babies head experience a surge of oxytocin and men experienced up to a 30% drop in testosterone!

## Activity Idea - Tiny Tots Bath time fun!

The bath is an ideal place to cool down and have fun! It's a wonderful place for sensory play. Try pouring water through a colander and singing 'Itsy Bitsy Spider'. Make sure that the water temperature is cooler for playtime as a warm bath will make little one drowsy.



Always supervise your child in or near water.

## Discovery time

It may take 10 tries or more for your baby to get used to new foods, flavours and textures. There will be days when they eat more, some when they eat less, and then days when they reject everything. Don't worry - this is perfectly normal. Let them get used to it in their own time.

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