



Easy for you. Fun for baby.

FLASH
CARDS

The happy little eater

Engage all your baby's senses
by following **Sensory Weaning**

From The Children's Nutritionist & Tidy Tot

Here to help minimise
the clean-up operation
afterwards!



The
Children's
NUTRITIONIST
Sarah Almond Bushell





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What is sensory weaning?

A new approach to weaning which engages all of your baby's senses to develop happy little eaters

Developed by **Tidy Tot** &
The Children's Nutritionist, **Sarah Almond Bushell**





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The 8 staged senses of sensory weaning are...



Sight

Visual



Taste

Gustory



Touch

Tactile



Position

Proprioception



Sound

Auditory



Balance

Vestibular



Smell

Olfactory



Feelings

Interoception



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Visual

Sight

See the colours

Create a rainbow of colours with the food you give – show them that food comes in many different colours, shapes and sizes

Present food in a fun way
Try making funny faces on plates



1



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Touch

Feel the difference

Get messy playing
with food, let little
hands get stuck in

Experiment with lots of different
textured foods from soft bread,
to squishy jelly and crunchy puffs



2



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Auditory

Sound

Hear the snap, crackle, pop

Try crunching, squelching
and splatting food –
remember to take cover!

Listen and talk
about the sound
food makes



3



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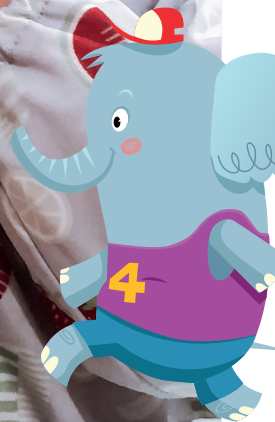


Olfactory

Smell Enjoy the aromas

Create sensory smell bags out of herbs, spices, lemons – talk about the different smells

Encourage babies to touch food they pull a face at after smelling it – this could be the first step to trying it



4



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Taste

Get taste buds zinging



Offer new foods repeatedly (**top tip** – offer new foods alongside a food they already like)

Aim for a mini explosion of flavours every mealtime

5



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Position

Create stability



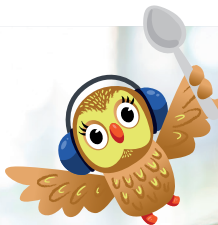
Ensure your baby is sat up and positioned well in the highchair – they should be at a 90 degree angle and feel fully supported

Perhaps add a rolled up towel around their waist or support for dangling legs

6



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Balance

Encourage fine motor skills

Get babies involved with spoons from day one – helps with hand eye coordination

Have fun and practise chewing together. Let your baby mimic you chewing

7



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Feelings

Hungry or full?



Use words to let baby know they are hungry, full, thirsty. Eg. if they indicate they want more say 'you're hungry'

Talk about the food they're eating 'it is red and squashy'. Describe what they're experiencing, e.g. say 'your yoghurt is cold'

Baby sign can also be useful here

8



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Other top weaning tips



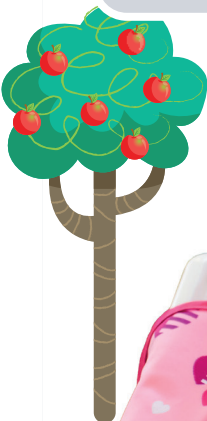
Use a Tidy Tot bib to cover clothes and manage the mess



Let babies use their hands and get stuck in!



Don't clean your baby until after the meal, let them get messy and enjoy themselves





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NUTRITIONIST

Sarah Almond Bushell

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Eating is not a skill that babies are born with and so they have to learn how to eat during the second 6 months of life. A lot of this learning involves using their senses and the more sensory experiences your baby has the more his brain develops.

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Sarah Almond-Bushell

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There's no doubt that weaning is a messy business and it needs to be otherwise your baby isn't getting the full sensory experience she needs in order to learn about food.

This is why I love the **Tidy Tot Bib and Tray kit** which ensures that your little one's clothes, highchair and floor remain pristine!

Sarah Almond-Bushell

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