



Crunchy Sock

Experience

Preparation: Locate a couple of odd clean socks. Scrunch up balls of newspaper or junk mail and then put these in the sock. Once the sock is full of paper, tie a knot in the end to secure the paper inside. You could make a couple of crunchy socks.

To Begin: Depending on your baby's age, you can either lay them on their back/tummy or sit them up on the floor on a blanket. Sit next to your baby. Place the crunchy socks in front of your baby and encourage them to explore the texture of the sock and the sound it makes when they squeeze it. Throughout this experience talk with your baby and use various words to describe the sounds the sock makes.

Learning benefits

- Develops social connections/bond
- Increases their sensory awareness (hearing, sight and touch)
- Promotes understanding of cause and effect and problem solving
- Strengthens fine motor and eye hand coordination



1 - 3 mins



3 - 10 mnths

Materials

Clean odd socks

Blanket

Junk mail or newspaper

Hints and Tips

Indoors or outdoors

Safety: Supervise your baby at all times during this experience.

Use a clean stocking leg instead of a sock