


Exploring messy play

0 to 19
TORBAY
for you



Messy play is great for children to explore new food and textures. This can give them confidence to try new things.

Here are some ideas to make it a little easier and get you started...



Things to know

Messy play helps to:

- Develop all your baby's senses: smell, taste, sight, hearing and touch.
- Support speech and language development, through the use of describing words, e.g. soft, rough, cold, warm, squidgy, etc.
- Develop a child's mark-making (early writing), fine and gross motor skills, hand-to-eye coordination, and feeding themselves.

Safety note: Messy play activities must be supervised by an adult.



Things to try

Food products:

- Cornflour.
- Custard.
- Pasta.
- Baked beans.
- Spaghetti hoops.
- Porridge oats.
- Mashed potato.

Consider using other non-food objects with these foods, e.g. cars, toy bugs, paint brushes, farm animals, etc.

