

Sensory play - Light box

Babies and young children often love looking at lights!

What you'll need:

- battery-powered string of lights (from Poundland etc)
- any size see-through plastic box (with lid that your child can't remove - but don't let them play with it alone)
- toy animals or sparkly things etc to go in the box for a change (optional)



A lightbox can:

- ◇ be a fun way to play in the dark together - you could also use it to light up a den
- ◇ encourage your baby or child to explore and look closely
- ◇ support hand-eye co-ordination, especially if they have a small box that they can hold in their hands
- ◇ give you lots to talk about, and maybe new words like dark, light, bright, sparkly...



A small light box can also be handy to keep in your change bag, to distract grouchy babies...

And they brighten up a dark winter day, as the nights draw in.