



Southwark Children and Family Centres
Bermondsey and Rotherhithe



Southwark Children and Family Centres
Camberwell and Dulwich



Cause and effect & sensory
learning using materials you
have at home

Promotes belly
and leg
strength and
body
awareness



Your baby is figuring out that legs and feet are parts of their own body—and when they kick, they start to understand that their body can create noise and movement.

Lay your baby on their back and let your baby's feet explore different textures:

Crinkly paper

Soft fabric

Furry cushions

Bathroom towel

Tissue paper

