

BABY Loves Science

The Five Senses

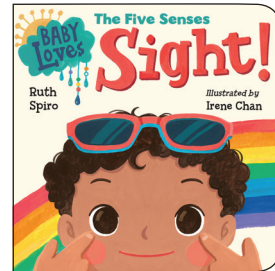
ACTIVITY GUIDE

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Praise for Baby Loves Science

“ . . . makes science accessible, relatable, and fun for little ones . . . ”

– *Brightly*

“ . . . a great way to foster a love of science and a curiosity about the world! ”

– *A Mighty Girl*



About the Author

Ruth Spiro is the author of the Baby Loves Science series; *Lester Fizz*, *Bubble-Gum Artist*; and *Made By Maxine*. She holds a BS in communications from the University of Illinois and an MBA from Loyola University of Chicago. She lives in Chicago, Illinois.



About the Illustrator

Born and raised in Hong Kong, Irene Chan came to the US to study when she was eighteen. She received her BFA in graphic design from Savannah College of Art and Design. She now lives with her family in Atlanta, Georgia.



Baby Loves Hearing!



Baby Loves Sight!

Making music

You don't have to be an expert or own a fancy instrument to be a musician! Model music-making to your child in daily life:

- Sing in the car, while cooking or cleaning, during bath time, etc.
- Use radio, a streaming service, or CDs from your local library to introduce your child to a wide range of musical styles. Model attentive listening by tapping your feet to the beat or humming along.
- Talk with your child about what music they prefer: Loud or quiet? Fast or slow? Happy or sad?
- When running errands with your child, notice if the store's speakers are playing music; point it out to your child and try to find the beat together by drumming on the shopping cart or basket with your hands.
- Look up ASL music interpreters and sign choirs online to show your child engaging performances of popular songs. If you have a local sign choir, attend a concert!

Speak with your hands

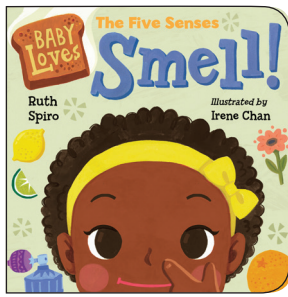
If your family doesn't use ASL already, learn a few basic signs with your child: hello, goodbye, please, thank you, let's play, etc. Explain that this is a way for people to speak with their hands rather than their voice and that lots of people use sign. Seek out movies and TV shows with characters who sign; if your local library or community center offers ASL classes, consider joining.

Color your world

- Introduce your child to the world of color with nontoxic paints! As you play with the paint together, talk about the primary colors (red, blue, and yellow) and how they combine to make every other color in the rainbow.
- Show your child how a prism breaks daylight into the color spectrum and encourage them to play with it.
- During or after a rainstorm, go on a walk together and look for rainbows. Does your child know the colors of the rainbow?
- Use food coloring to dye cups of water or small bowls of frosting in the primary colors and ask your child what they think will happen when they mix them. Experiment with color combinations until you find your child's favorite color together.
- Assign each day of the week a color; on Monday, for example, make a game of pointing out every red object you see. Encourage your child to find the most green objects on Tuesday or the most yellow objects on Friday. This is a great way to practice numbers as well as colors.

Read with your fingers

If your family doesn't use Braille already, learn some with your child. Ask your local library for Braille learning resources or consult the American Foundation for the Blind and/or National Federation of the Blind. In public facilities, point out Braille signage to your child and encourage them to touch.



Baby Loves Smell!



Baby Loves Taste!

Field trip

Go on a smell tour of your community!

- Visit a local farmers' market. While there, encourage your child to smell flowers, baked goods, and produce. Practice good smell etiquette: sniff but don't touch, especially not with your nose.
- Visit a local botanical garden or rose garden where plants are accessible for sniffing.
- If available, a local candy store or a factory that offers tours may be another good source of delicious smells.
- Visit a library or bookstore to smell the books.
- Visit a perfumier or bath-products store and help your child pick a favorite smell. Practice safe sniffing: teach your child to waft smells toward their nose with their hand from an open bottle rather than leaning over the bottle to smell directly. Encourage your child to ask a sales associate or store manager how the scents are made; don't forget to tip appropriately!

When baby feels blah

If your child is congested, they might experience a loss or diminishment of their ability to smell. If they are nauseous, they might be oversensitive to odors. Emphasize that this is temporary and their nose is still working; it's just a little gummed up (or sensitive) right now!

Kitchen kids

It's never too early to start helping in the kitchen!

- Practice good hygiene together: wash hands and put on an apron before starting.
- When menu planning, choose foods that are easy for kids to make and eat: wagon wheels or tortellini rather than spaghetti, for example.
- Offer age-appropriate tasks: very young kids can help stir bowls or dump in measured ingredients, while older helpers can fetch tools, measure, pour liquids, set timers, or chop ingredients as their motor and reasoning skills improve.
- Don't forget cleanup—kids can help with washing, drying, and putting away dishes and tools; sweeping; wiping countertops; and putting aprons in the laundry after cooking.
- The kitchen is a fun place; encourage warm memories and positive associations by playing the radio, singing, and carrying on conversation while you cook. Emphasize the importance of your little helper's hard work and thank them for pitching in.

When baby feels blah

If your child is congested, they might experience a loss or diminishment of their sense of taste; if they are nauseous, they might be oversensitive to flavors. Emphasize that this is temporary; their tongue works together with their nose, which is why foods taste different when they're sick. Once they're on the mend and their sense of taste normalizes, celebrate with a favorite treat!



Baby Loves Touch!

Scavenger hunt

Scour your house or playroom for textures! Together with your child, try to assemble objects with as many different textures as you can: soft, rough, bumpy, smooth, hard, sticky, dry, damp, chilly, warm, fuzzy, etc.

Let's make textures

With Play-Doh or clay and a variety of tools, challenge your child to make something that mimics any of the above textures.

Do you want a hug?

Talk with your child about physical boundaries and touch in a gentle, age-appropriate way. Some of their friends may love to hug, and some of their friends may not love to hug; either is okay! Practice checking before hugging, and brainstorm ideas together for hug alternatives: high fives, warm smiles, holding hands or linking arms, secret handshakes, etc.



Word Search

L I G H T S
T O U C H M
F N R S E E
M U Y O A L
Y U M F R L
T A S T E H

SEE

SMELL

SOFT

HEAR

TASTE

LIGHT

TOUCH

YUM



Matching Squares

