



# Sensory Hoop



## What is it?

A versatile toy that entertains and encourages fine and gross motor skill development. It is a hula hoop covered with multi-sensory materials, fabric and toys, that will engage an infant's mind and body.

## Why make one?

- ♡ A creative outlet for mum, which encourages bonding and tummy time.
- ♡ Encourage reaching, grabbing, rolling and twisting in all directions.
- ♡ Promotes exploration of the senses and head control
- ♡ Repurpose and reuse toys and other household items



## How to make one?

Materials:

- ♡ Hola Hoop - choose a hoop based on your infants size, to ensure that your child can lie comfortably inside and reach in all directions.
- ♡ Scissors
- ♡ Fasteners - choose between sewing on, tying on or using zip-ties (ensure to cut off excess and leave no sharp corners)
- ♡ Sensory Items
  - ♡ Loofah
  - ♡ Sponge
  - ♡ Teething toys
  - ♡ Small stuffed toys
  - ♡ Fabric
  - ♡ Rattles
  - ♡ Ribbons
  - ♡ Tulle bag with items inside
  - ♡ Soft books
  - ♡ Shower rings
  - ♡ Black and white cards
  - ♡ Boa

## Safety

Make sure that all items are securely fastened to the hola hoop by tugging on them yourself, before allowing your child to use it.

All materials and ribbons must be less than 15cms

Do not put two pieces of ribbon or material together so that they can twist

Do not use items that could pose a choking hazard if they became accidentally unfastened

Always supervise your child when using the sensory hoop.

