

Feel with Me

Understanding sensations together





I have an amazing brain

that helps me learn about myself and understand the world around me. It tells me about sensations that come from inside and outside of my body, and how these make me feel.



All these sensations travel on pathways to my brain that connects them together, like a map.



Each time I experience something for the first time, a new pathway is made. If I do something again, the pathway becomes clearer and stronger. This is how my brain grows and how I learn to do and feel things.



Sensations come into my body from all the things

that I can see, hear, taste, smell and touch. I use my eyes, ears, tastebuds, nose and skin to collect this information from everything around me.

Experience with me

Find lots of different things that we can touch, listen to, smell, look at or taste and tell me all about it while we experience it together. Gardens are wonderful places to explore using all of our senses.



Let me touch



There are so many different textures all around me to have fun with! Let me feel my food with my fingers, play with water, walk bare foot in the dirt and grass, cover myself in sand, and put bubbles all over my body and hair.





Sensations also come from information inside my body.

They help me learn how my body is moving, if I am going fast or slow, and even if I am upside down or spinning around!



Let me move



Moving around in different ways helps my body and brain grow strong. I might like rocking, swinging, spinning, rolling around or bobbing. If I can't do these on my own yet, you can help me. I love it when we dance together, roll around on the floor or when you fly me through the air!



Connect with me

Cuddle me, hold my hand, stroke my hair and rub my back. This helps me feel loved and safe, and gives my body lots of important sensations too.





Other sensations help me learn

what it feels like when I am hungry or thirsty, when my bladder is full, if I am feeling hot, cold or sick. They are important because they help keep me safe, healthy and comfortable.

Make sense with me

Help me understand my body by talking to me about what is happening. If you can hear my tummy rumbling, explain this is my body telling me I am hungry and need to eat. If I am sick, explain what this means and how I might feel. One day, I will be able to tell you myself.



Guide me



When I experience something new, I will watch for your reaction first. I will look to see if I should be upset or worried. If your face is relaxed and if your voice is calm, then I will know that I am safe and be happy to try it.



Let me explore



Exploring with my whole self makes lots of strong pathways in my brain. You might see me looking through my legs, rolling on the ground, touching everything, jumping off things, or wrapping myself up in snuggly blankets. If I love how it makes me feel, I will do it more. I will give clues about what sensations I like and don't like!





Everything around me is an exciting discovery.

Even a small moment that might seem very simple to you, is still a wonderful opportunity for me to experience different sensations that help me learn and grow.

Who can I ask for help?

If you think I might be feeling some sensations very strongly or perhaps not enough, please make an enquiry with Wanslea Early Childhood Approach program by calling 1300 969 645 or visiting our website at <https://www.wanslea.org.au/programs/early-childhood-approach-eca>

The Early Childhood Approach program have qualified early childhood practitioners who support children with developmental concerns or delays, and their families.



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