



Speech & language
therapy

Top tips for messy play

Some children don't like getting messy. This can make it difficult for them to enjoy some sensory experiences. It can also lead to them having difficulties feeding themselves or trying new foods. They might find it harder to enjoy creative activities and new experiences like painting or going to the beach. Messy play is a fun way to help them get used to and enjoy sensory experiences!

Let your child freely explore food smell, touch and taste.

Manage the mess as much as possible. Start with a blob of food on a tray; use table & floor coverings if possible. You could try doing messy play outside or in an empty paddling

Don't put any pressure on them to taste or eat it.

Because you want to encourage your child to enjoy this experience, you should smile and try to stay relaxed yourself.

If your child doesn't seem to like the mess, try to wait as long as you can before cleaning them up. But don't wait until they become upset before doing so.

For more information on the Speech and Language Therapy Service (including how to request support from us) please see: <http://www.nhsborders.scot.nhs.uk/slt>

[Check out our Wee Talk Borders Facebook page](#) or you can call us on 01896 826710