Infant Sensory Hoops

What is it?

An infant sensory hoop is a versatile toy that will not only entertain an infant, but will encourage gross and fine motor development. Typically, it is a hula hoop covered with multi-sensory materials and fabric that will engage an infant's mind and body.

Why?

- Makes tummy time more enjoyable
- Encourages rolling, twisting, turning, creeping/crawling, head control, reaching and grasping
- Strengthens core, neck, and arm muscles
- Offers a multi-sensory experience

Tactile (Touch)
using different textures

- Stimulates breathing
- Builds nerve connections in the brain's pathway
- Increases interest

Visual (Sight)
using different colors, patterns, etc.

- Black and white contrast, along with red aids in visual development and increased brain growth
- Stimulates vision through the use of different patterns and/or objects that sparkle/shimmer
- Some colors evoke emotional effects
- Helps with focus and visual tracking
- Increases interest

Auditory (Sound)
using different sounds

- Builds nerve connections in the brain's pathway
- Items that crinkle, beep, ring or other noises stimulate visual connections
- Increases interest

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Create your own!

Materials:

- Hula hoop*
- Scissors
- Sensory Items (use 5 or more of these items)
  - Loofah
  - Tulle fabric
  - Small stuffed toys
  - Rattles
  - Soft brush
  - Textured materials
  - Materials that make noise
  - Silk ribbon
  - Bath toys
  - Teething toys/teething rings
  - Duster
  - Shower rings
  - Boa
  - Soft books
- Fasteners (sew items on, use zip ties, ribbons, etc.)

**When selecting the size of the hula hoop, consider the size of the child and their development level. For those that are bigger, longer, or more active it may be beneficial to use a larger hoop.*

How to Make the Sensory Hoops:

1. Purchase or create a hoop and sensory items.
2. Attach sensory items to ring by sewing, taping, tying, or using zip ties.
3. Make sure all items are securely fastened to the hoop before allowing it to be used by any child.

Safety:

- No foam or balloons
- Ribbons must be shorter than 18 inches
- No small items that could be a choke hazard
- Children should always be supervised

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