

These activities help nurture the child's development while also fostering a strong parent-child bond.

6 Things You can do to interact with your child daily

1 Read together

Reading to children with disabilities is just as important. Use sensory books with textures, braille, or high-contrast images if the child has visual impairments. For children with limited movement or motor skills, you can hold their hands to touch the pages, or use interactive books with buttons or sounds. This creates an engaging experience, no matter the child's ability.



4 Engage in Playful Activities

Adapt playtime to suit the child's abilities. You can create a stimulating environment with toys that they can touch or feel from their position, like soft-textured toys or musical instruments. For children with cognitive disabilities, simple games like blowing bubbles, rolling balls, or playing with water can be enjoyable, offering both sensory and motor development opportunities.



2 Establish a Routine

Stick to a regular schedules. including consistent start and end times. This helps your child develop routines and know what to expect. This will help when it comes to transitions as they get older.

5 Physical Touch and Cuddling

For children with sensory processing issues, parents can explore different textures and sensations (soft blankets, different fabrics, or gentle massage) to see what the child responds to best. Always be mindful of the child's preferences and sensory needs when cuddling or engaging in touch.

3 Talk and Sing to Them

Regardless of whether the child has speech or hearing difficulties, talking or singing to them remains beneficial. For children with hearing impairments, consider using visual cues or sign language alongside your speech. Singing simple songs with motions or using touch (like tapping their hands or feet) can be engaging for children with motor or sensory delays.



6 Explore the Outdoors Together

Consider sensory-rich outdoor experiences like feeling different textures (grass, sand, or water) or listening to nature sounds. Bring them into nature with adapted playground equipment or sensory spaces. Even something as simple as watching birds, feeling the wind, or touching leaves can stimulate their senses and provide a great bonding experience.

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1 Leer juntos

Leerles a los niños con discapacidades es igualmente importante. Utilice libros sensoriales con texturas, braille o imágenes de alto contraste si el niño tiene discapacidad visual. Para los niños con movimientos o habilidades motoras limitadas, puede tomarles las manos para tocar las páginas o usar libros interactivos con botones o sonidos. Esto crea una experiencia atractiva, sin importar la capacidad del niño.



4 Participar en actividades lúdicas

Adapte el tiempo de juego a las capacidades del niño. Puedes crear un ambiente estimulante con juguetes que pueda tocar o sentir desde su posición, como juguetes de textura suave o instrumentos musicales. Para los niños con discapacidades cognitivas, los juegos sencillos como soplar burbujas, hacer rodar pelotas o jugar con agua pueden resultar divertidos y ofrecen oportunidades de desarrollo tanto sensorial como motor.



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5 Physical Touch and Cuddling

Holding, hugging, and cuddling your child creates a sense of security and affection, which is important for emotional development. Responsive physical contact supports healthy attachment and bonding.

3 Talk and Sing to Them

Even if the child can't respond with words, talking or singing helps build language skills. Narrating what you're doing, singing simple songs, or talking about things in their environment fosters connection and language development.



6 Explore the Outdoors Together

Taking walks, sitting in the park, or even playing outside in the yard provides sensory experiences (like feeling grass, listening to birds, or seeing new sights) that help develop a child's curiosity and connection to the world around them.