

# A Practical Guide to Understanding Sensori-motor Play in young children

## What is sensori-motor play?



Sensorimotor play is when the child explores the world by touching, mouthing, etc. The child's movements are restricted to actions that allow them to explore the objects they are playing with using their senses.

## Why is sensori-motor play important?

- Allows the child to learn about the world using their senses
- Encourages independence as the child explores their environment independently



Begins in infancy and continues through the toddler years

## How does sensori-motor play support children's development?

Sensori-motor play promotes the development of:

- motor skills,
- spatial awareness,
- cause and effect,
- concentration,
- problem solving,
- independence,

and much more!

## How can adults support sensori-motor play?

- Provide age appropriate toys and materials the child can play with independently
- Provide positive attention as the child plays
- Rotate toys to keep the experience new and fun for the child
- Provide the child with plenty of time and adequate space to engage in sensori-motor play

This work was funded in part by the Caplan Foundation for Early Learning. For more information on the Play to Learn project click [here](#).



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