

Cumbria County Council

**What can I do  
today?**



**This week it is ... bottles!**

**Tuesday**

**Make sensory or calm down bottles**

- Make sensory bottles by adding coloured water (use liquid food colouring) to clean, clear bottles and make sure the lid is screwed on very tightly.
- Try adding additional items such as beads, sequins, bits of foil, small toys and glitter or try adding drops of vegetable oil.
- Shake the bottles and hold them for your young baby to watch.
- Let older babies explore the bottles themselves, always under supervision.
- For older children they can be used when they are feeling angry. Shake the bottle hard and watch the storm. If they breathe in and out slowly and watch the storm settle, so will their angry feelings.