

Follow your nose

What we know

Smells give a lot of information about the world around us.

Showing children how to smell different things can stimulate this vital human sense.

With practice, children can learn to recognise the smells in the world around them.

When you talk about particular smells, you help to build your child's language. Respond positively to their words and sounds. They will know you care about what they are saying.

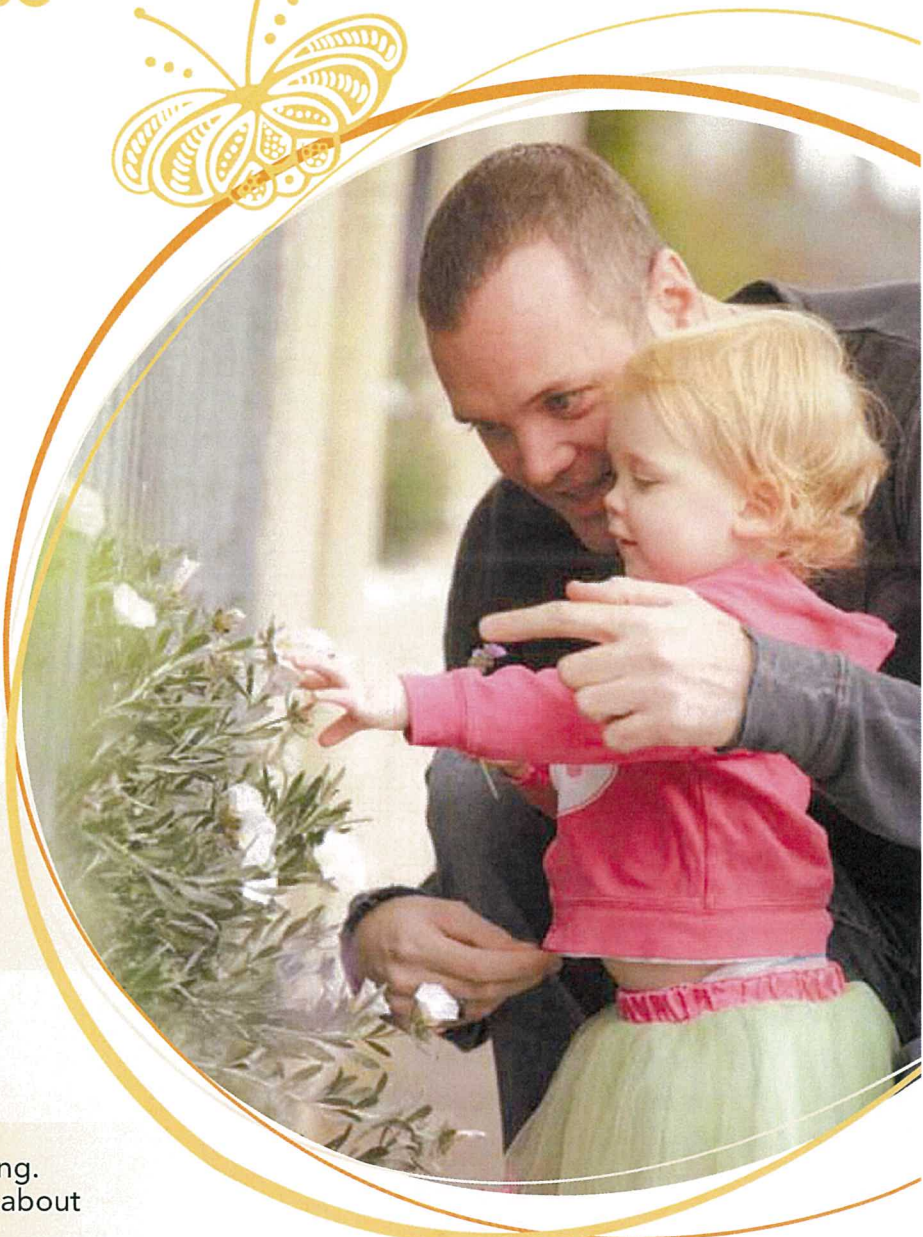
What to do

Choose somewhere to walk: a park, garden, or along the street.

If your child can walk, hold their hand; if they can't walk yet, hold your child in your arms facing outward or sit them in their pram/stroller.

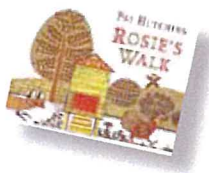
As you walk along, find flowers, leaves, plants, herbs or other things in your local environment that have a scent.

Show your child how to smell something. Describe the smells together and talk about how they make you feel.



A book to read

Rosie's Walk
by Pat Hutchins



Things to say

'Mmm... that smells nice!'
'This smells like lemons! This smells like dinner!'
'What does this smell like? Do you like this smell?'
'Aahhh! That's nice!'
'Oooh, yuck!'

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