



Baby Loves: The Five Senses

Smell!

by: Ruth Spiro

Baby loves going to the supermarket because there are so many things to see, touch, taste, hear, and SMELL! Help your child decide which smells they like and which they don't with this fun activity. Collect some small, empty bottles or even 3oz plastic cups. Pour some spices like cinnamon, pumpkin, cocoa, orange zest, or a familiar smell your child might recognize. For liquid smells, pour or spray lemon juice, vanilla extract, perfume, etc., on cotton balls and place them in the bottom of different cups. Have your child smell each one and see if they can tell what it smells like. You can also have them place the cups on a smiley face if they like the smell, or a frowny face if they don't! Remind them of these smells when you use them in foods they eat. Who knows, your child may not like the smell of cinnamon but loves the taste of it in cinnamon bread!

