

My early pouring skills

Age: 21–30 months

Resources:

- A range of containers and pouring equipment; cups, beakers, jugs, bowls, bottles.
- An organised pouring space preferably with a non-slip surface, such as a large tray or washing up bowl.
- Cloth or towel to clean up any spillages.
- Items to pour, such as water, sand or large building blocks (such as Lego Duplo).

Tips:

Pouring with your child is a good play activity. Try pouring water from one container to another in a suitable place, for example in the bath or an outdoor water and sand station. This helps develop the sense of space, flow and sounds between the item being poured and the containers.

Practice pouring solids first to learn the action and develop an awareness of the space. Begin by using sand or objects such as large building blocks.

Activity:

- Working over a **large tray or bowl**, encourage your child to pour different solids and liquids into a range of containers.
- You can **guide your child** by completing the activity yourself as they place their hands over yours to feel the different actions and movements.

- Throughout these activities, try to **describe each action** and encourage your child to engage with learning through the full range of senses. For example, listening to the sounds when pouring and feeling the weight of containers as they empty and fill.



Notes:

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 4 of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email [**children@guidedogs.org.uk**](mailto:children@guidedogs.org.uk)