

## **Snoezelen sessions**

**As standard practice, Zo Kinderopvang & Bso offers the baby groups snoezelen sessions. Snoezelen helps to foster the well-being of young babies. While we mostly do snoezelen activities with items from a snoezelen box, some locations have specially designed snoezelen areas.**

Babies enjoy the pleasurable and warm comforting aspects of being in a snoezelen environment. For the baby group leaders snoezelen is another means of helping babies who feel stress or who are developing more slowly. Below is a short description of snoezelen.

Materials and resources that stimulate the babies' senses are placed in a quiet area or in a special snoezelen space. The senses are: sight, hearing, touch, smell and taste.

### **Sight**

The sense of 'sight' continuously changes according to babies' age. Snoezelen can be adapted to the changes that babies experience every month. At eight months, babies see the subtle hues of colour that make the world such a rich and interesting place. We echo this in our snoezelen area by using different colours and hues, moving images/objects and three dimensional images.

### **Hearing**

There is no better stimulus than making music and singing to bring across thoughts, ideas and emotions. Music offers a whole range of other advantages too, from managing pain and stress to improving motor coordination and rhythm. In our snoezelen sessions we use rhythmic songs and rhymes, rhythmic sounds that are familiar to babies from the womb, and various items to make music and sounds ourselves.

### **Touch**

Babies are born with the need for physical intimacy. Nothing is more important for their emotional, physical and intellectual development than a warm cuddle or a loving touch. There is thus much cuddling during our snoezelen sessions, and we use materials that have differences in temperature, texture, shape, weight and size. We also do massage.

**Smell**

Most babies feel comforted when they smell familiar everyday smells such as their mother's milk or perfume, or a blanket that they often use. They associate these smells with well-being and a sense of security. In our snoezelen sessions we therefore use familiar and pleasant scents that are also recognised in aromatherapy.

**Taste**

There is a special link between the senses of taste and smell. The taste buds on the tongue only distinguish between four different tastes: sweet, sour, bitter and salty. For practical reasons, we do not use these in the snoezelen area.

**Further information?**

The profound theory and philosophy behind snoezelen is far larger than we can describe in short here. Please ask our location manager should you wish to know more about snoezelen. She is more than willing to tell you about it.