

Starcatchers' #WeeInspirations

Have some fun, save your sanity

EDIBLE SPA DAY

POTIONS

THE BASIC IDEA

Wee ones love exploring and mixing different ingredients, and these ones can be smeared on your FACE! Oats, banana, avocado, yoghurt, coconut oil and honey all make great face masks.

TOP TIP: under 1s shouldn't have honey

OVER TO YOU, WEE ONE

Put the ingredients in plastic bowls and let them play! Babies will be all about the textures, older children may love pretending to be scientists or giving you 'spa' treatments. The final fun is putting it on your faces with fingers or soft brushes - careful to avoid those eyes!

CHEEKY BONUSES

- numeracy - measuring, volume
- imaginative play, STEM
- gentle touch helps with bonding
- hydrated skin and a wee lie down with cucumber slices on your eyes

VARIATIONS

- If you're worried about mess, set up the whole experience in a dry bath, then rinse it all away afterwards
- add soothing music, baby massage, 'writing' up notes - be led by the play

AND REMEMBER...

Don't try and make them stick to a certain recipe, experimenting is learning. You can always make a 'proper' facemask yourself.



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