



Hard or Soft?

Let your baby explore a soft banana and a firm teething biscuit through touch, taste, and sound.

Helps Your Child Grow



Emergent Mathematical Thinking

Comparing the feel and sound of a soft food with a firm one helps your baby begin noticing a meaningful contrast.

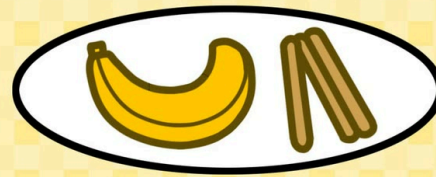


Attending and Understanding

Hearing short words such as “soft” and “firm” during the experience helps your baby connect language with what they sense.



What You'll Need



Foods with different textures—soft and firm

What You'll Need

1. A banana
2. a firm teething biscuit



The Banana Feels Soft

Place the banana and teething biscuit in front of your baby and ask, “Which one would you like first?” Give them time to reach and choose. If they choose the banana, let them taste it and say simply, “The banana is soft.”

Observations

- Mouths or bites the banana and notices its soft texture
- Reaches for the food they want

Tips

- Cut age-appropriate fruit into pieces your baby can grasp and eat safely.
- Your baby can also press a banana piece with their fingers and watch it flatten as they explore what “soft” feels like.
- At six months, babies often explore texture with their mouth and tongue, noticing contrasts such as soft and firm or smooth and rough.



The Teething Biscuit Feels Firm

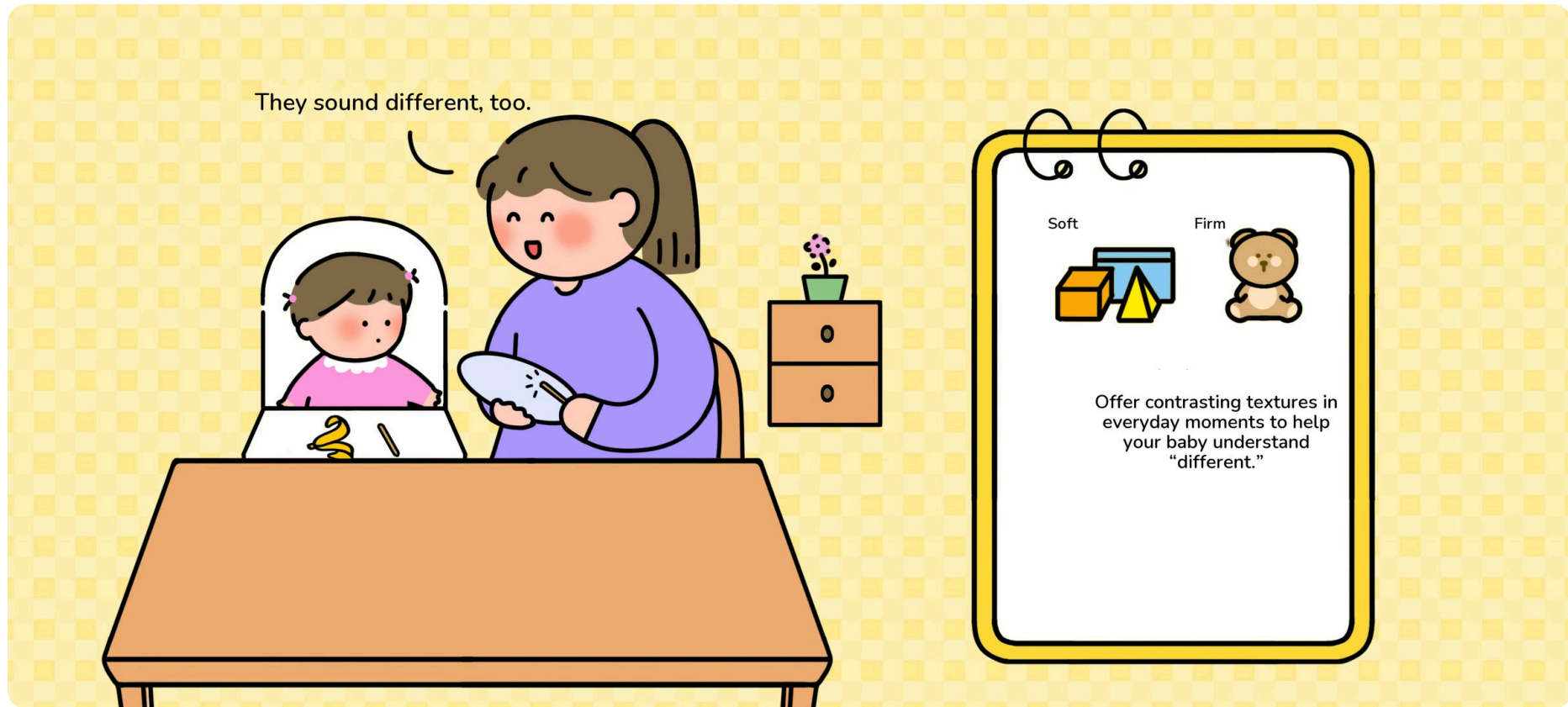
Point to the teething biscuit and invite your baby to reach for it. Once they pick it up, let them mouth or bite it and say, "The teething biscuit is firm." The short description connects the sensation with a word.

Observations

- Mouths or bites the teething biscuit and notices its firm texture
- Grasps the teething biscuit

Tips

- If you do not have a teething biscuit, use another age-appropriate firm food your baby already eats.
- If your baby loses interest, gently bring the teething biscuit near their lips and say with emphasis, "Firm!"
- If your baby does not want to hold it, demonstrate a small bite and say, "Take your time. I'm right here."



Listen to the Different Sounds

Tap the banana and the teething biscuit on a plate one at a time and invite your baby to listen. Describe the contrast simply: "The soft banana makes a quiet sound. The firm biscuit makes a louder sound." You can compare other familiar soft and firm objects in the same way.

Observations

- Turns to look when they hear you speak
- Watches you tap the plate and listens for the sound

Tips

- At six months, babies are beginning to notice differences in sounds, including high and low, quiet and loud, and familiar and unfamiliar voices.
- Everyday pairs such as a sponge and spoon or a cushion and block offer more ways to explore soft and firm textures.
- If your baby is interested, let them tap the teething biscuit on the plate and listen to the sound.