

Using just chickpea water you can create a taste safe foam for your baby to play with and explore using all their senses. It can get a little messy so gather your towels and tablecloths and find a convenient place to have fun!



You will need:

- * a bowl
- * a whisk (hand or electric mixer)
- * a tin of chick peas.



Mix the water using your whisk or mixer. You start to get a “soapy” bubble like foam and there is little to no liquid left.

Top Tip: If you would like to have the consistency of shaving foam you can add some cream of tartar.



Use any container that you have that your baby can safely explore. You can even place the foam on their high chair tray.

Top Tip: Babies are naturally curious but sometimes they feel unsure when they experience something for the first time. Stay close & model that it's OK by getting stuck in & having a go, too!

Talking Tip! Support your baby's language development by talking about what they can see, taste, smell, touch and what is happening.