

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



Ball play

Playing ball with your baby develops their skills while having fun.

Did you know?

Early ball play helps develop hand-eye coordination.

Try using a large ball and sit opposite your baby. Roll the ball to your baby then help them to push it back.

Add language

The back and forth turn-taking of ball rolling is similar to the turn-taking in conversations. It can help to add a word or two while you are playing e.g. “roll the ball”, “your turn”, “roll to Daddy”.

The repetition helps your baby learn these early words.

Pausing before you roll the ball gives your baby a chance to “ask” for the ball. This may be by them bouncing their body and reaching out, looking and pointing and/or making sounds.

Other development

Ball play helps develop sitting balance as your baby reaches forward or leans to the side to get the ball. Judging distance and eye movements (known as tracking) are developed as they watch the ball move.

Variations

Balloons can be a fun variation for babies because they move more slowly. Be careful your baby does not put balloon pieces in their mouth as they are a choking risk.



🔖 Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at www.playgroupwa.com.au/playideas or visit www.facebook.com/playgroupwa

