

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.



## Bubbles

**Babies love watching you blow bubbles!**

### Did you know?

Watching bubbles helps your baby develop their eye movements (this is known as visual tracking). Bubbles move slowly, so your baby has more time to follow their movement as they float through the air.

### Add language

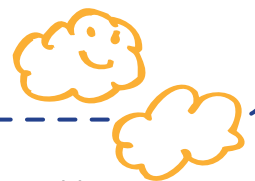
Bubbles encourage pointing and simple one word phrases e.g. "look", "bubbles" and "pop".

### Other development

Blowing bubbles for your baby during tummy time can be a fun way to develop head control as they look up and watch the bubbles float past.

### Variations

Playing with bubbles in the bath is a lot of fun! It helps focus attention and encourages exploring.



- 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](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)