

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.



Gardening

Gardens provide endless opportunities to learn and discover.

Did you know?

Gardening is great for showing toddlers how plants need care. Gardening can also show longer cause and effect relationships e.g. planting seeds and watching them grow over time.

Add Language

Use words to go with what your toddler is seeing, doing, feeling and experiencing – use action words, describing words and words that relate to place e.g. in, on, under, next to etc.

Keep your sentences only one or two words longer than your toddler uses e.g. your toddler says “ant” you could say “yes, little ant”, “ant’s running fast”.

Other development

Toddlers love to get involved and help you in the garden. They will feel proud as they help you plant seeds, water plants and watch them grow. This helps their social and emotional development.

Children’s garden tools are great for developing strong hands and motor skills.

Variations

Try visiting a nursery and looking at the different plants. You could talk together about what makes them different or the same and what would be good to try growing in your garden.

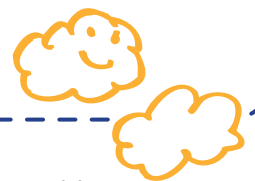


Safety

Supervision is required to ensure toddlers are safe from harmful insects or plants. KidSafe WA have a fact sheet on poisonous plants which you can find on their website.

Check the garden for any chemicals (pellets, sprays) or dangers before exploring. Always use sun protection when playing outside and supervise around water.

Dirty hands are part of gardening and can be a chance to teach your toddler about washing hands and why it is important.



📖 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