

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.



Playing house

Playing house gives children the chance to practise adult roles, solve problems and act out feelings they may not know how to say in words. This is important pretend play for both boys and girls.

Did you know?

Talking aloud to themselves or their toys is a way children practise using words to express ideas and emotions and to expand their play plans. They may be embarrassed and stop if they think an adult is listening or watching!

Add language

If you are included in their play, keep the conversation going by making comments e.g. "That's a very hot drink" and asking occasional questions that get them to think about their answer e.g. "What should we do ...?", "Find one that can ...", "Where should the ... go?", "How will we make a ...?".

Variations

Join in if invited, but let your child choose the game or story. Let them be the director and play out the scene in their own way. Watching quietly from the sidelines can help you understand how your child may be feeling and understanding their world. Try not to laugh or interrupt.

Safety

As your child's independence increases talk about which activities are not safe to do in the house.



- 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