

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.



Celebrations

Special days and times offer great opportunities to help create the sense of belonging that is crucial to healthy social and emotional development.

Whatever your culture, religion or family circumstances celebrations and special events like birthdays, Christmas or New Year are the perfect time to start your own unique, simple family traditions and lifelong memories.

Did you know?

Babies love the noise, colour and excitement of celebrations but can easily become over stimulated and overwhelmed. It can be helpful to keep celebrations simple and plan ways of giving your baby quiet breaks.

Add language

Watching your baby and providing words that go with what they are looking at, hearing or reacting to promotes language development. Try pausing and give them a chance to respond - your baby may look, point or make a noise. Then you could take your turn and keep the conversation going.

Singing encourages language development and the special songs that go with celebrations are a fun way to engage with your baby while fostering these skills.



Other development

Involving your baby in the music and dancing associated with celebrations is a fun way to develop their body awareness.

Safety

Always supervise your baby (celebrations may involve extra objects that can be safety hazards for babies e.g. candles, sparklers, easily reached small items).

🔖 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

