

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.



Food Play and Cooking

Making and playing with food can be enjoyed from a young age. These experiences inspire creativity and willingness to try new flavours and textures.

Did you know?

Your toddler is developing their fine motor skills while touching different foods and using different kitchen utensils.

Add language

Cooking together is the perfect time to have a conversation.

You can talk about what you are doing e.g. mixing, measuring, kneading, rolling, cutting, spreading, sifting, and pouring. You can also talk about the different ingredients and what things look, feel and taste like. You can talk about what they are like before and after being mixed together. This all helps to build your toddler's understanding and use of different words. This helps give the words that go with these early science concepts. Remember to pause and give your toddler a chance to take a turn in the conversation.

Other development

Making food together builds special bonds between parents and young children. Sharing this special time helps to develop social and emotional skills.



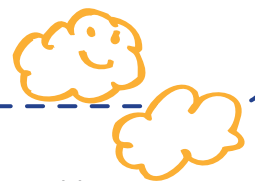
Cooking together can provide a great introduction to fresh food and healthy eating habits. Children are more likely to try new foods when they help prepare them.

Waiting for food to cook, and then getting to eat the yummy finished product helps children develop patience and feel a sense of achievement.

Measuring out ingredients and dividing up portions build early maths skills.

Safety

Supervision is essential. Cooking is a perfect time to teach toddlers about staying safe – being careful with hot things and sharp utensils.



- 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