

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.



Rice Play

Babies use all their senses to learn about their world. You can have fun making interesting sensory play activities for your baby by using recycled plastic bottles and everyday materials from around the home to make discovery bottles!

Did you know?

Rice in a plastic bottle can be a great motivation for movement at tummy-time.

Babies will reach for them, roll them, shake them and watch closely as the objects inside move. They can make a great noise too!

Add language

As your baby plays you can name what they are doing e.g. "Oh, shaking the bottle!". This helps your baby learn words. It also shows that you are interested in their play.

Other development

You can encourage your baby's eyes to "track" (follow) as you move the new, intriguing play object up and down or side to side.

Older babies who can sit up will hold and move the bottle with two hands and pass the bottle from one hand to the other. This develops hand transfer skills and concentration.



Variations

Try changing the things you add to the bottle to captivate and hold your baby's interest. Ideas include glitter, small toys, seeds, buttons or other small items that are usually too small to be safe for your baby.

Rice shakers and discovery bottles are perfect toys to take along to distract and entertain babies.

Safety

Ensure lids are tightly sealed. Playgroup WA uses electrical tape as extra security around the lid!

📖 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