

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.



## Backyard exploring

The sensory experiences backyards provide are great for babies.

### Did you know?

Babies learn by exploring with their senses. They will be delighted by the noises of crunchy leaves or birds singing, smells of herbs or flowers, and feel of petals or feathers.

### Add language

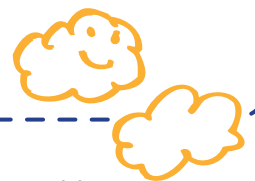
Describe the feel of different things as you stroke them against your baby's hand e.g. soft, smooth, or bumpy. Talk about the noises you may hear such as birds, aeroplanes or traffic.

### Variations

Try spending time with your baby outside. A mat on soft grass provides a comfortable surface for some tummy time. Tummy time builds your baby's head, neck and upper body strength. Being outside encourages your baby to look up at new sounds and sights.

### Safety

Some plants are not safe to touch or taste. KidSafe WA has a fact sheet on toxic plants which you can find on its website. UV rays from the sun can be harmful to babies' delicate skin so look for shady areas and use sun protection.



- 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](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)