

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.



Bubbles

Babies love watching you blow bubbles! Bubbles are endlessly fascinating and entertaining.

Did you know?

Watching bubbles helps your baby develop their eye movements (visual tracking). Bubbles move slowly and so baby has more time to follow the movement.

Add language

When your baby is enjoying the bubble blowing, pause and wait for them to make eye contact with you. Say “more bubbles?”, then blow some more. Making eye contact and making a noise is an early way your baby will communicate with you. Getting more of what they want when they do this encourages them to connect and communicate more.

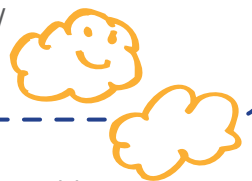
Bubbles encourage pointing and simple one word phrases e.g. “look”, “bubbles” and “pop”.

Other development

Bubbles can motivate babies to move. Whether it is reaching, crawling or walking towards bubbles just out of reach, getting bubbles is very enticing. Even during tummy time, bubbles motivate babies to look up and turn to follow the bubble movement. Your baby is most likely to reach out to touch the bubbles. This all builds your baby's muscle strength, movement control and awareness of their position in space. Trying to pop bubbles with either their hands or feet helps their eye hand or eye foot development.

Variations

Bubbles in the bath are a lot of fun! Bubbles will sit on wet skin for a little longer and will give your baby more chance to look and explore.



- 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