

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.



## Ball play

As your child grows older, their ball play will change and grow with them. They will love your support to adapt to the new challenges that ball play provides.

### Did you know?

Learning to throw and catch a ball is a fun way to develop eye-hand coordination.

Start with a medium sized ball and stand fairly close to your child. Help your child have their hands ready to catch the ball.

At first they will need to catch the ball between their hands and their body. As they practice you can slowly increase the distance between you and use smaller balls.

### Other development

A few children may struggle when learning movements such as throwing, catching, running and riding a tricycle.

See your Child Health Nurse or Doctor if you are concerned about your child's development. They may recommend an assessment by an Occupational Therapist or Physiotherapist.

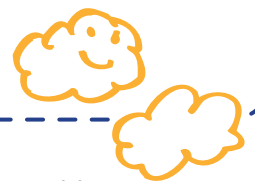


### Variations

Simple scoring or counting during ball games is a fun way to introduce numbers and simple math concepts. Hanging a ball from a branch and using a racket or large bat to hit with can be a fun way to introduce this more advanced ball skill.

### Safety

Teaching your child to choose safe play areas away from roads and to never chase their ball onto roads are important parts of learning ball play.



- 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)

