

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.



## Rough & tumble play

**While your baby is not ready for rough play, there are many ways to help your baby enjoy movement and touch through play.**

### Did you know?

Babies usually enjoy play that includes moving in space. Start by moving your baby slowly up and down or from side to side, lift them into the air, or gently bounce them on your knee.

### Add language

Use a high pitched voice and repetitive phrases to match the playful movement e.g. "up up up", "whee", "bounce bounce bounce". Pause and wait for your baby to show they want more – this may be through eye contact with you, body movement, making a noise, or all of these. If they do this, say the word "more" and repeat the activity. This helps your baby learn that they can communicate and get what they want or need.

### Other development

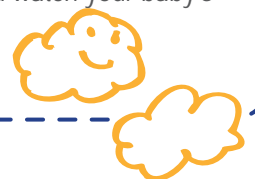
As your baby becomes more mobile; rolling, climbing and tumbling over people helps them explore their changing position in space, enjoy connecting with other people and work out what will and won't be allowed.

### Variations

Sing action songs that include whole body movements e.g. "Zoom zoom zoom", "A smooth road", "This is the way the ladies ride" etc.

### Safety

Each child differs in the amount of rough and tumble play they can handle. Start slowly and gently, and watch your baby's reaction. Shaking a baby or other rough movement is not safe.



- 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)