

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

### Did you know?

Rough and tumble is great as short term, active play for times when your toddlers is full of energy (not for before bed or when you need your child to be calm or quiet).

### Add language

Making silly noises or using repetitive phrases such as "I'm coming to get you!" all add to the fun and reinforce the joy of communication.

### Other development

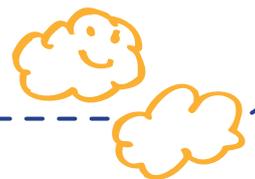
Rough and tumble play allows both girls and boys to test and practice physical and social skills, take risks within safe boundaries and learn about their bodies. Teaching your child to calm down again at the end of the game is helping your child develop self-regulation skills. Rough and tumble play involves complex motor skills, concentration, body control and flexibility.

### Variations

Playing chasey or tag, spinning and dancing can all become rough and tumble play.

### Safety

Each child differs in the amount of rough and tumble play they can handle. Get to know your child's limits and stop before they reach that limit. It is important that the play is fun and no one is forced to do anything.



- 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)