

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.



## Gardening

Gardens are great for engaging babies' senses.

### Did you know?

Babies first learn about the world through sensory play i.e. looking, touching, tasting, hearing, and smelling.

Brightly coloured flowers or light coming through the trees, the smells of herbs, or touching grass, leaves and petals are all ways your baby can explore using their senses in the garden.

### Add language

Use words to match what your baby is doing, seeing, or touching e.g. "soft grass", "pretty flower", "smells nice", "yucky".

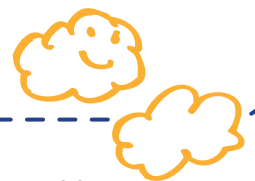
### Variations

The garden is a great space to spend time with your baby. Try reading a story, singing songs, or encouraging tummy time outside. You can match the story or song to something in the garden.

The outdoor noises and sights will help your baby to look up and strengthen their muscles and control.

### Safety

Know what kinds of plants are in your garden and if they are OK to touch and/or taste. KidSafe WA have a fact sheet on poisonous plants which you can find on their website. Babies' delicate skin need sun protection when outside.



- 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)