

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.



## Playing house

Babies love exploring and playing with everyday household things.

### Did you know?

Playing with everyday household things - exploring, twisting, turning, shaking and banging them, and then copying how to use them (e.g. try to brush their hair with a brush, put a cup or spoon to their mouth or hold a phone to their ear to “talk”). These are the first steps to “playing house” for babies.

### Add language

Name the items and describe the actions your baby is focused on e.g. “Stir with the spoon” or “Sweep with the broom”.

### Other development

Playing with everyday items helps your baby to develop their hand-eye coordination and to use both sides of their body together – this is an important skill for later development.

### Variations

Once they are able to sit up your baby will love playing with pots and pans, and plastic ware. A cupboard or drawer with safe kitchenware that your baby can reach can keep them happy and busy; especially when you are working in the kitchen.

### Safety

Choose a safe place for your baby to play while you are cooking.



- 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)