

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 or visit www.facebook.com/playgroupwa