

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.



Songs through the day

Songs can calm babies and help them move through the daily routines.

Did you know?

Familiar songs can be used to help your baby tune into daily routines. Gentle, joyful singing and touch from birth helps you build a special bond with your baby. It also makes your baby feel safe. Your baby won't care how badly you sing!

Add language

Babies learn to communicate by watching your face and how you respond to them. Singing is a perfect way to start and keep interactions going with your baby right from birth. Feeding time is a special time to share 'face to face' interaction and calm songs at this time are perfect.

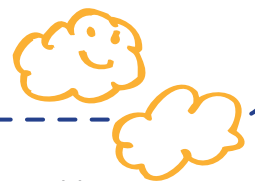
Other development

Simple familiar songs can be used to develop your baby's awareness of changes as you move through your daily routine e.g. singing "Where is baby" when you are coming to get them after a sleep, "Splish splash splosh" for bath-time or eating songs like "Rumbly tummy" when it's meal time. The Raising Children Network Baby Karaoke webpage and ABC Playschool are good places to go to learn some suitable songs.



Predictable routines will build your baby's sense of safety and wellbeing. Singing the same lullaby each night helps to establish a calm bedtime routine.

It lets your baby know it's the end of the day. Singing songs during nappy change can distract wiggly babies. Singing songs from your own childhood and in your own language keeps your culture alive and builds your child's sense of identity.



- 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