

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

Daily routines help build your toddler's confidence. Knowing the routine helps them feel safe. Adding songs to routine activities makes them fun. Using fun songs can help your toddler go happily from one activity to the next.

### Did you know?

Singing a quiet, gentle song may help settle an upset child. Suddenly singing a favourite song can distract a young child from going into a tantrum or doing something you don't want them to do. Singing is a great way to practise imitation, language, social and memory skills.

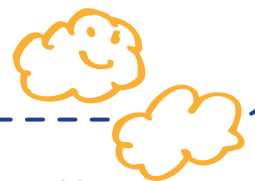
### Add language

You can make up words with a well-known tune to sing about what you want your child to do. You could use the tune for "Mary Had a Little Lamb" and sing "Now it's time to wash our hands". You could use the tune for "Hot Cross Buns" and sing "Pack up time". Silly songs make daily tasks fun!

### Other Development

Adding music to daily routines or singing instructions can turn any routine task into a game. This can lift the mood and can encourage your toddler to participate in the task. Children's music and songs with hand actions can amuse children during car trips.

Singing songs with actions helps your toddler learn about their body. When the song has hand actions your toddler is learning fine motor skills (hand and finger skills). When the song has whole body movements your toddler is learning balance and coordination.



- 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)