

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.



## Fun with things that go

**A toy vehicle is excellent motivation at tummy time. Rolling the vehicle just out of reach can encourage your baby to reach and move.**

### Did you know?

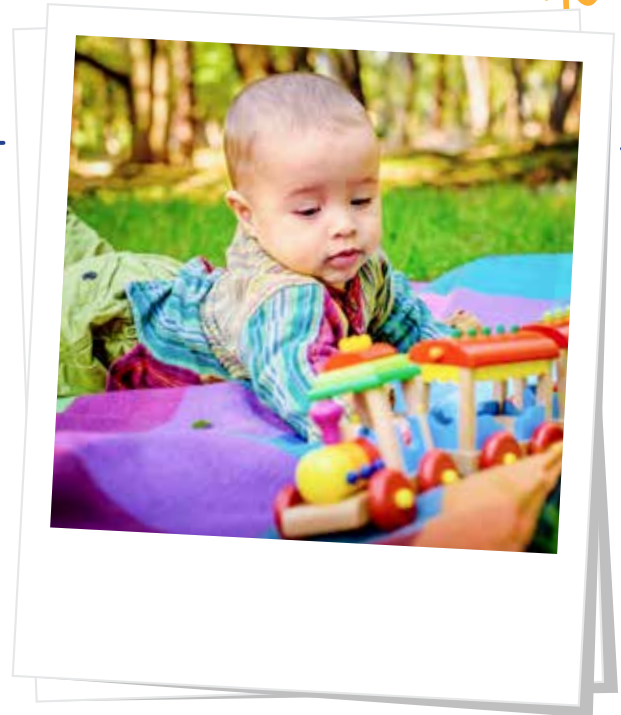
Things that move, like toy vehicles, hold your baby's attention. Exploring the toy and how it moves provides a foundation for learning to use their bodies and hands and their ability to make things happen. They are learning about themselves and their world.

### Add language

When you are playing with your baby say things like "broom, broom, beep, beep" as you push the toy car and "chuff, chuff, chuff, toot, toot" as you push a toy train. This is important because making noises for things is a step towards using words for babies.

### Other development

A colourful vehicle is excellent motivation at tummy time. Tummy time helps babies develop movement control by strengthening head, neck and body muscles. Try moving the vehicle slowly from side to side – most baby's will start to follow it with their eyes (tracking). This builds their visual skills.



Visual skills are important for all other learning.

Your baby is also developing hand-eye coordination as they reach for and manipulate the toy vehicle.

Older babies learn about cause and effect when they push a toy car and it rolls off the table or push a button to make a toy car move.

### Safety

Make sure toys have no small pieces that can become a choking hazard. Avoid toys with batteries that your baby may be able to get in to.

- 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)

