

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.



## Winter Play

Winter is one of the most wonderful times to get outside with your baby. Baby's first winter means everything is new. Being outside exploring together in winter will be filled with new things to see, touch, smell and talk about.

So, dress them up warmly and spend some time outside every day!

### Did you know?

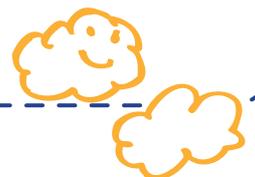
Getting outside together in winter is great for your baby. The fresh air and constantly changing environment means there is always something new to experience and learn.

### Add language

Provide the words that match what your baby is seeing, touching and smelling. This adds new words to their new experiences! You can keep the conversation going by giving your baby time to respond with sounds or actions. You can then repeat an action or experience depending on your baby's level of interest.

### Other development

The outdoor winter environment has space and interesting things to see at many different height levels. This captures your baby's attention and encourages them to look up and around. This is what strengthens their neck, shoulder and back muscles they need for getting moving!



- 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)