

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.



More fun with books

Books with simple themes help children to better understand the world.

Did you know?

Books can help your child deal with new events and social situations e.g. Starting Kindy, going to the dentist or a pet dying. Ask your librarian for help finding the right books for your family. By about 3 years old children can usually attend to a story for around 5 minutes at a time.

Add language

Try asking your child to retell parts of the story e.g. "Who sank the boat?", "What kinds of fruit did the hungry caterpillar eat?"

Talking about letters, sounds and words helps build these concepts needed for reading e.g. "That's a long word, it's got lots of letters, let's count them"; "Those words rhyme, listen, they end with the same sound"; "that's the letter B, it makes a buh sound."

Other Development

Sitting in a beanbag or deep chair while sharing a book can be very calming.

Books are a great way to explore a wide range of emotions, behaviour and responses to story events.



Some books are specifically about emotions e.g. the "When I'm feeling" series. Other books have characters with particular behaviours or emotions e.g. "The Cranky Bear", "Hugless Douglas." Talk about your own family and emotions when reading about others. This helps develop emotional and social intelligence.

Non-fiction or factual books are also great for sharing. Children love to explore "facts" about the world. Picture books about animals, dinosaurs, space, planes, trains, machinery, etc. fascinate children. Look for books about things that interest your child. Sharing these books helps build their general knowledge and encourages more curiosity and enquiry. They often also build science literacy skills.



- 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