

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.



Gardening

Gardens are wonderful spaces for children to learn about different plants and animals. They can search for and learn about all sorts of bugs - which types crawl or jump or fly and why.

Did you know?

Gardening helps children develop and understand simple science and maths concepts. Helping to pot and water plants teaches children about volume and measurement.

Add language

Add some comments or ask some questions that get your child thinking e.g. "I think bugs have been eating these plants", "How do you know bugs have been eating this plant?", "I wonder where they are hiding?"

Other development

Helping to care for plants helps to build responsibility. It can be a creative way to get your child thinking about the wider world around them.

Saving food scraps and using them for gardening compost increases your child's awareness about the environment, recycling, and what makes plants survive and grow. Worm farms are also fantastic!

Variations

Try growing some edible herbs, fruit or vegetables in your garden. Children are more likely to try foods they have helped to grow. You could visit the local library and look for books about gardens.



Take photos of the garden during different seasons and compare them to see the changes.

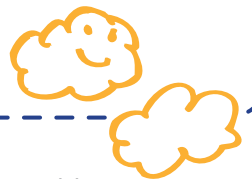
Why not find out if there is a community garden in your neighbourhood that you and your child can go to and meet other families. Gardens are great spaces for producing art and being creative!

Safety

Supervision is required to ensure children are safe from harmful animals or plants. KidSafe WA have a fact sheet on poisonous plants which you can find on their website.

Check the garden for any chemicals (pellets, sprays) or dangers before exploring. Always use sun protection when playing outside and supervise around water.

Dirty hands are part of gardening and can be a chance to teach your toddler about washing hands and why it is important.



- 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