

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.



Water play

Water play can be a great way to calm tense or unsettled babies. Bath time can also be an ideal play time.

Did you know?

Babies splashing and playing helps them develop confidence and enjoyment of water activities.

Add language

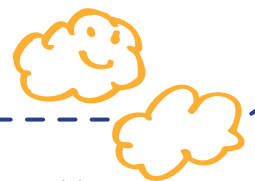
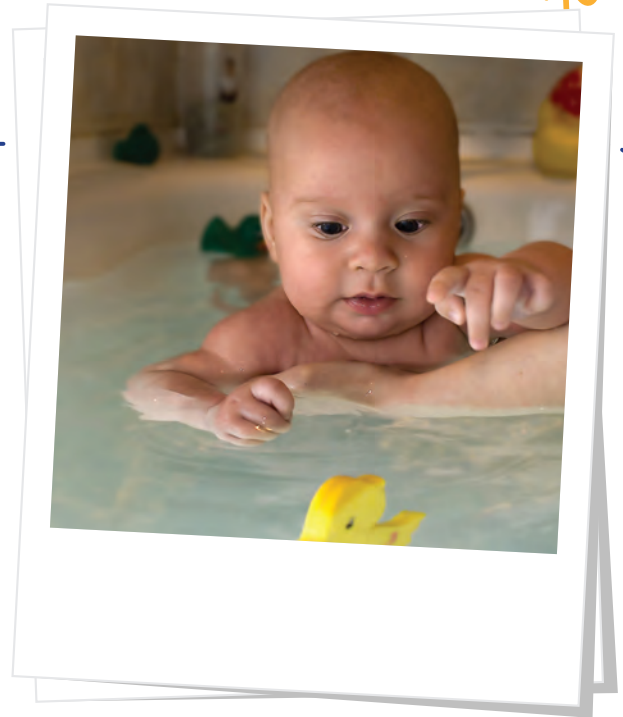
Watch your baby and say what he or she is doing e.g. 'splashing' or 'tipping'. Naming body parts as you wash increases your baby's awareness of their body and builds vocabulary.

Variations

Add bubbles for a new play experience.

Safety

Stay with your baby at all times. Remember to empty out water at the end of the activity. Note: Some children find water challenging. For more information, visit the Raising Children website.



- 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