

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.



Homemade toys from bottles

Sealed bottles filled with small objects, rice or beans make perfect baby toys. Babies are fascinated watching the contents of the bottle move or make a noise when they shake it.

Did you know?

Shaker bottles encourage your baby to use their two hands together. This skill is important for activities they'll need to do as they get older such as getting dressed and learning to write.

Add language

Use words that match what your baby is seeing, touching or hearing e.g. "Noisy!", or "Sparkly!".

Other Development

Bottles filled with little things are visually stimulating and make tummy and mat time more interesting. Your baby can get to play with small objects that would usually be choking hazards but are safe in a sealed bottle. Try things like scrunched up coloured paper, foil, pom poms, sequins, buttons, seeds or other small items.



Shakers help to develop understanding of "cause and effect" e.g. babies begin to understand that by doing one action (shaking the bottle) it will have a direct effect (creates noise).

Add blue coloured water, small plastic toys, strips of cellophane or glitter to a bottle to make "aquariums" that are fascinating and fun. An internet search will have lots of examples of "calm down" or "sensory jars" you can try yourself.

Safety

Always secure the lid of the bottle tightly with tape (we use electrical tape) to ensure the lid does not come off during play. Small items can be choking hazards.

- 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