

## The Importance of play

*Play is how they learn...*

Watch your baby for a moment. How do they interact with the world around them? Do they look at your face? Do their eyes wander the surroundings? Do they pick things up? Do they put things in their mouth? Do they throw things? Shake things? Hold things tight? This is your baby learning about everything around them. Play helps babies to develop their communication, physical development, emotional development, social development and overall wellbeing.



Get out and about! Even in winter! For a whole new world of experiences for your child!

## Resources

### Zero to Three – Play

This site has extensive and reliable, age related information on child development with a specific focus on play. Access the below URL for more information:

<https://www.zerotothree.org/early-learning/play>

### Raising Children Network

For age specific information regarding play and learning, this site provides a range of information on the importance of play and ideas to engage in play with your child whether they are newborn, infant, toddler and older. For age specific information access the site and click on the age group of your child:

<https://raisingchildren.net.au/newborns/play-learning>



## SEASONAL PLAY



*Toys can be made out of anything that you have at home! See what you can create.*

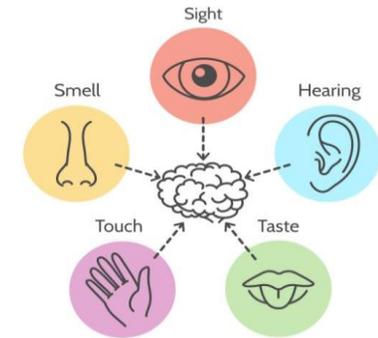
**Talk to your child.** Describing what they are seeing, hearing, smelling, touching and tasting! This will help them develop their vocabulary and an understanding of what is around them. This should begin from when they are first born.

**Be resourceful!** Toys don't need to be expensive or big! By using things from around home, children learn to be resourceful and recycle. Sometimes with play, less is more and enables children to focus on one thing at a time, try not to over stimulate.

**Incorporate all of the senses** to discover what your child likes and doesn't like. Watch how they respond to different things and create play activities for their unique interests!

*Here are a few ideas.....*

<p><b>Summer</b></p> <ul style="list-style-type: none"> <li>• Painting with ice blocks</li> <li>• Swimming</li> <li>• Summer themed discovery bottles</li> <li>• Painting with water</li> </ul>	
<p><b>Autumn</b></p> <ul style="list-style-type: none"> <li>• Collecting nature</li> <li>• Leaf Printing</li> <li>• Nature exploring - autumn</li> <li>• Leaf Rubbing</li> </ul>	
<p><b>Winter</b></p> <ul style="list-style-type: none"> <li>• Puddle jumping</li> <li>• Nature exploring – winter</li> <li>• Building a fort</li> <li>• Play Dough sculptures</li> </ul>	
<p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• Sensory bags with flowers</li> <li>• Painting with flowers</li> <li>• Nature collage</li> <li>• Tummy time – sensory ring</li> </ul>	



*The 5 External Senses*

## **Sensory Regulation**

Children receive input to their senses constantly through sight, touch, taste, hearing and smell. Their brain is constantly taking in their environment and learning about what makes them feel happy or sad, calm or excited, engaged or disengaged. Provide your child with a wide range of experiences that incorporate all of the senses. This will support them to learn what makes them happy, calm and focused.

### **The other two senses! (Internal Senses)**

**Vestibular Sense:** Our sense of movement and balance. This is what helps us know we are moving up and down in a lift and knowing which way we are moving in a car even if our eyes are closed. It is linked with coordination and posture.

**Proprioceptive Sense:** Our sense of body awareness and muscle stretch. Inputs to this system are received from muscle stretch and joint movement. It can be calming to know where our body begins and ends. This system helps us move around obstacles.