



Child Development Service



Play and Learning 13

Playing with your child

Play helps children's social skills, movement, thinking and language.

It also helps children grow and be healthy.

Find any opportunity to play and have fun with your child throughout the day.

Look at what your child is interested in and join them. Sometimes give them choices to help them play.

Wait for your child to start the play then join in. Copy their actions or talk about what they are doing.

Talk about what your child is looking at or doing. 'You're in the box...Pop!' 'Brmm brmm, go car!'

Take turns – copy what your child does and wait for them to do some more. Sometimes you could show them a new play idea.

Have fun – Be your child's playmate. Get down to their level. Join in and help them learn. It's OK to play the same activity again and again if your child's having fun.

Use everyday activities and things: your face, bath time, running and chasing, getting dressed and dressing up, climbing in boxes, banging pans and drumming with spoons.



Keeping your child safe

- Supervise your child closely at all times especially around water, play equipment, or when using objects such as scissors, pencils, glue or paint. Avoid flammable or toxic materials.
- Babies, toddlers and young children can choke on small toys and objects. Regularly check toys to make sure they are safe and in good condition.
 - Toys should be bigger than a 20 cent coin.
 - Strings on toys should be less than 20 centimetres long.
- Do a safety check and make sure your home is safe for your child to actively explore..
- **Be SunSmart** – make sure your child has adequate sun protection when playing outdoors.

Find out more

For more information on play, learning, and a range of other topics, visit:

- playgroupwa.com.au
- bringingupgreatkids.org
- raisingchildren.net.au
- cahs.health.wa.gov.au/childhealthresources

For more information about the metropolitan **Child Development Service** phone 1300 551 827 or visit cahs.health.wa.gov.au/childdevelopment

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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