

Play and learning



Play helps children learn. When children play, they explore their world, and learn that they can cause things to happen or change. Play is fun and is key to your child's development.

Through play, children can learn:

- Different words
- Sizes, shapes and counting
- How to concentrate
- How to listen to others
- About their five senses (touch, taste, smell, sight and sound)
- How to follow rules in games
- Different ways to move
- About their feelings and the feelings of others

When you play with your child/ren:

- Get down to your child's eye level
- Wait for your turn
- Let your child choose the game and toys
- Learn about your child's favourite toys
- Be positive and enjoy yourself
- Plan to play – make time for it
- Play in different ways (for example, outdoors, indoors, water play, etc)

We recommend:

- Sensory play (touch, taste, smell, sight and sound play)
 - Use things to feel and look at like a baby mirror, soft materials and soft toys
 - Use things to hold, shake and bang like balls, bells, rattles and blocks.
- Exploratory play
 - Collect objects from around the house. Put the objects in bags or boxes, take them out one at a time to look at them and talk about them.
- Physical play
 - Throw, catch and roll balls.
 - Collect boxes for your child to climb in and out of. Make a 'house' out of a large box and cut out a door so that your child can get in and out. Boxes can become cars, boats, rockets or anything your child wants them to be!
- Symbolic play
 - Pretend to feed, wash and dress dolls and soft toys.
 - Learn animal sounds and pretend to be animals.
 - Play games where you match objects, words, symbols, colours, shapes or ideas.



CALL US
1800 242 696



LEARN MORE
lchs.com.au

