

Playtime

Children don't need expensive toys - a cardboard box is just as effective. The best kinds of play can be the messiest!

Playing with playdough

You can make your own dough with your child to explore their senses and learn key skills. Here's a simple playdough recipe:

- 1 cup water
- 1 cup plain flour
- 2 tablespoons cream of tartar
- ½ cup salt
- 1 tablespoon cooking oil
- food colouring

Stir over a medium heat until it forms dough. When cooled, allow your child to explore their imagination and make different shapes. Store in a plastic box in the fridge to use again.



Outdoor play

Play outdoors with your child. Let them explore the world around them. Take them outside where they can run, jump and climb in natural surroundings.

Children under five need at least 180 minutes (three hours) of physical activity per day.



Water play

Get a basin of water or play in the bath. Provide your child with resources for pouring and so on. Use plastic bottles, plastic tubing, a sponge, colander, straws, a funnel and spoons. Ensure it is durable and won't cause harm. Put children in clothing you don't mind getting wet.

A young child can drown silently in less than five centimetres (two inches) of water – never leave a child unsupervised during water activities.

