

Active Play Active Learning

Find places in your neighbourhood that you might not have thought about as places to play. There are places close to home that will give your children opportunities to learn through active play.

Active Play_Active Learning is a series of play ideas that will encourage parents and children of all ages to be active in local community spaces. EarlyEd's therapists and educators have created great ways for you to help your child develop and use their skills to play, explore and learn.

Reconnect with local play spaces

RECONNECT by looking differently at what local spaces can offer you and **CONNECT** with your child, family and your community.

Every park and green space creates opportunities for everyone to play. There are ideas to explore, games to play and physical challenges to try. By being out and about, children can be learning new things in new ways that support their development.

Take a different look at the spaces in your neighbourhood and see what opportunities they might bring.

Follow us on Facebook and Instagram, as EarlyEd regularly brings you ideas about ways you can creatively use play spaces, especially the ones right on your doorstep. Support your child to meet their next milestones and become active players. All ideas are low cost or no cost, family friendly and inclusive.

Take a look at our **Active Play Active Learning** information sheets as your child "Learns to Play" and "Plays to Learn".

www.earlyed.com.au/startstrongplay

We will show you how you and your family "Can get there", "Can play" and "Can stay", so that your family can be included in play opportunities in your area.

**Play is for everyone—
regardless of age, ability or
cultural background.**



Images taken at parks in Willoughby City Council area (Jersey St, Scott Crescent Reserve, Muston, Beauchamp, Castle Cove, Bales). Parks, reserves and playgrounds Willoughby City Council.



Be prepared

Bring along ordinary objects like a takeaway container to use to extend your child's play. This makes it easier to do things like collecting leaves and sorting.

Off the beaten track

Parks are often designed with both easy pathways and rough tracks. You can encourage your child to use rougher tracks by leading the way.

Try walking down a creek bed. Feel how you have to steady yourself when challenged by the unpredictable surfaces underfoot.

Walking, wheeling, bending, reaching, sharing, touching and climbing

are some of the ways children use to explore and play and learn.



For more information go to www.earlyed.com.au/startstrongplay/ or phone (02) 9923 2727 or follow us on Facebook and Instagram